

Negroes Co-operate In Movement To Make Knoxville Cleaner

Plans for taking part in the clean-up campaign were made at a meeting of colored people of the city held in Mount Zion Baptist church Tuesday afternoon. The meeting was well attended and judging from the enthusiasm manifested, the colored people will take a most active part in making Knoxville a healthful and attractive metropolis. A chairman will be appointed for each ward of the city where colored citizens live, whose duty it will be to see that all debris is removed and report failure to do so to the police department. In several wards the colored people propose to establish demonstration gardens. Seeds will be given out by the City Beautiful league.

All organizations and civic departments have approved the clean-up campaign and agreed to take part. "I want to urge upon every one to clean up their premises during the campaign," says Dr. Wm. R. Cochrane, city health physician. "Accumulation of dirt breeds disease. And it is to the best interest of the people to keep their property free from debris and attractive."

In every part and in every corner there should be absolute cleanliness—no trash or unkempt lawns, no untrimmed, straggling shrubbery, no trash heaps or litter, no symptom of slovenliness anywhere. Everyone should co-operate with the city government and the various civic organizations, especially the City Beautiful league, in the prosecution of the plan of cleanliness and beautification. With the assurance that the city authorities are going to do their utmost in the matter of brushing up and sprucing up, every citizen with any pride of habitat should feel impelled to do his part likewise; it means permanent good in the example of cleanliness and order and neatness and in the healthfulness of the community. It means, as well, the esthetic advancement which is always indicative of culture and refinement and that appeals to the visitor in his estimate of the city.

Clean-up day will be discussed by "I am heartily in favor of the clean-up campaign," asserts Mayor Dailey.

of Park City. "I believe that it is a splendid thing. And I call upon all people of Park City to take part in the campaign and help beautify our municipality. I am now preparing a proclamation." The campaign in Park City will be chiefly under the direction of the Civic Improvement committee of the Parent-Teachers' association of Park City high school. Wagons or carts will go from home to home and gather all debris that has been collected. In Oakwood, also, there will be a clean-up campaign. Saturday will probably be observed as clean-up day in Lonsdale in order that school children may be given an opportunity to participate, says Mayor Christenberry. Clean-up week was begun in Vestal Monday. Mountain View will line up with the rest of them. However, all over the city and in adjoining municipalities, interest in beautifying premises and cleaning up, with a spirit of progressiveness, is evidenced in the many improvements already made or now being made. Houses are being repainted, fences painted or whitewashed, grass cut, flowers planted, hedges trimmed, old bottles, pieces of wood, paper and other rubbish removed, trees trimmed and various other things done to tidy up and make attractive the community. On the interior, also, the good housewives have pronounced the death penalty on germs and are industriously engaged in assuring their extermination. The spring cleaning campaign is also affording employment to many who have been unemployed, state directors of local charitable organizations. Thus it is helping directly or indirectly, everyone.

Each citizen in Knoxville or adjoining municipalities or suburbs is urged to make every possible effort toward the removal of all accumulated debris and filth, cleansing and renovating the premises, thus adding not only to health and longevity, but likewise increasing the beauty of each citizen's surroundings and the attractiveness of this section of the country as a place in which to live.

The clean-up campaign has been assured the hearty support of the Board of Commerce, Knoxville Automobile club, Commercial club, Woman's council, West Side club, Knox County Park and Highway association, Parent-Teachers' association, Boy scouts, Federated clubs, as well as numerous other organizations and clubs. The

City Beautiful league, assisted by the city department of streets and police department, will be among the chief factors in the campaign. It is hoped, however, that everyone will co-operate in a united effort to make the campaign a success.

Remember, too, that the demonstration garden, corner of Walnut and Spruce avenue, opens Saturday and all children desirous of cultivating a plot should at once see the chairman of their ward. There is space enough for about six children from each ward. Seeds will be furnished by the City Beautiful league. Vegetables, as well as flowers will be raised. Latest scientific methods as taught by the agricultural department of the University of Tennessee will be used. Next year it is hoped to establish a demonstration garden in each ward of the city. Citizens of several wards have already signified their intention of establishing a demonstration plot individually this year.

It is hoped that everyone will catch the clean-up spirit and unite in making Knoxville a spotless city.

Health and Efficiency

Last week we had occasion to comment upon the report of the Norfolk health commissioner in which he took occasion to point out the excessive death rate of the Negro race and gave some of his reasons therefor. He placed the blame upon the Negroes, attributing our high mortality rate to carelessness, indifference, etc., saying further that the colored people of Norfolk enjoyed the same municipal health and other protection afforded the whites.

It would be unfair to the health commissioner to say that he is not well informed upon the living and housing conditions surrounding the masses of the colored people of this and other cities. If there is any one thing that Norfolk can boast of it is the satisfaction of having a highly efficient health officer. A physician thoroughly qualified for the office and one recognized as an expert in many matters of public health.

We feel that the misleading statements made by our own and many other health commissioners are induced by a feeling of shame

for the actual conditions that exist, and a natural desire to relieve their offices of as much of the blame as possible.

In another column on this page today we are publishing an article from the Durham (N. C.) Reformer setting forth the opinion of the Durham health commissioner as to Negro mortality, which is on a par with the opinion of the Norfolk official. The Reformer very properly points out, however, that the causes of Negro mortality are not given as much attention as the fact.

One of the most difficult problems confronting the colored people of the South at the present time is the one of proper housing, and this includes municipal street improvements and sewerage. The growing desire to segregate and restrict the colored population to certain districts—always the unimproved districts—has greatly complicated and added to the seriousness of the housing problem. In certain sections of Norfolk probably seventy-five per cent. of the colored population are renters. In certain other sections, such as Huntersville, Lindenwood and Boursville, probably seventy-five per cent. either own or are buying their homes. In the latter case the houses are built after a sanitary model, average six rooms and have breathing space around them.

In the case of the tenement dwellers, taking Nicholson and Lincoln streets for example, the houses average three rooms, built after the plan of the tenement investor, and there is little or no breathing space. Pure, dry air is nearly impossible in these quarters.

What are the street conditions? In the sections where the colored people are seventy-five per cent. owners, none of the streets are paved or even macadamized. In the sections where the colored people

are seventy-five per cent. renters the conditions are almost as bad. Result: hundreds and thousands of people get their feet wet every time it rains and are exposed to the dangers of colds and pneumonia and tuberculosis, not because of indifference or neglect, but for the reason that it is physically impossible to prevent it.

The masses do not rent the three room tenements because it is economy to do so, but because there are no other kind available, except in late years a few investors have been putting up a slightly better class of tenement house, but this rents for more than the average dollar-a-day laborer is able to live in. Negro tenement property is the best paying real estate investments in our Southern cities. As a rule the investor's returns are from fifteen to twenty per cent.

Health experts agree that bad housing and insanitary streets are the main causes of the high mortality rate of the Negro race. Our people are blamed for contributory negligence. But the main causes are those not within the control of members of the race. Negroes are not political factors. They have no representatives in the city council. Their petitions for improvements are usually "referred" and never acted upon. Within the corporate limits of Norfolk there are miles and miles of asphalt and other paving in white sections where there is not a house for every three hundred feet of street front, while in the main colored section there is not a foot of asphalt or other paving where there is a house on every twenty-five feet of ground.

The Negro death rate is unnatural. It is a shame upon the government of our cities and towns. As the Durham Reformer points out, the United States Army has demonstrated that, where the race has an opportunity to live under

sanitary conditions the mortality rate is low.

Give the race its just proportion of municipal health protection, give us a better law regulating the building of tenement houses, and our living conditions will improve, and with improved living conditions will come better health and efficiency among colored people.

The presence in the city of the state barber examiners has wrought havoc with the scores of more Negro barber shops which in the past have been going on in a sort of slipshod, haphazard way. Many of them have been closed and others received the necessary approval from the board and their patrons will be compelled to seek other tonsorial parlors because the shops where there are accustomed to have their work done will not be able to come up to the state requirements in the time allotted them by the examiners. The investigation held by the examiners this week came none too soon for while it has resulted in the closing of one or two shops whose proprietors were possessed of the desire to have their places up to requirements but lack the financial means to do so, yet their patrons were not being accorded the sanitary facilities which the law demands and they will therefore have to suffer in common with the shops whose proprietors neither had the disposition nor desire to meet these requirements. There are several Negro shops here whose sanitation and equipment are perhaps as good as can be found in any Negro shop in the country. The proprietors of these shops have gone to considerable expense to equip their places of business properly and in such a way that the danger of facial disease is reduced to a minimum. Shops of this kind fear no law which has for its object the preservation of health. They are always fit and inspection by state or municipal authorities has no effect upon them. The general public should know where disease, danger from dirt and the probability of infections of various kinds which impair human health lie and there is no better way of calling public attention to these places than by periodical visits by persons delegated by the state or city to see that they are closed up. There has been too little attention paid to the sanitary conditions which sur-

round barbershops and a rigid enforcement of the law passed by the last state legislature relative to this matter will be of much benefit to the general public. The age of indifferent sanitary conditions in public places has passed. It has heard its death knell none too soon and Savannah along with the other cities of the state will be pleased to see the new barbershop law enforced in such a way that the barbershop hovel, dirt hole or disease breeding joint will permanently be a thing of the past.

35 Negro Barbershops

The Savannah Tribune 3/11/15
Closed
REOPENED AFTER MEETING REQUIREMENTS

21 Applicants for Negro Shops Examined.

The state barber examiners who have been in the city this week looking into the conditions of local shops closed thirty-five Negro shops Thursday, because they did not come up to the state requirements. Twenty of these shops were permitted to be re-opened yesterday after having been reinspected by the examiners.

An examination of all Negro barbers in Negro shops, who had not qualified under the law by paying their registration fee, was held at Perry Wright's shop, Wage Earners building, yesterday. Eighteen applicants were examined in the morning and three in the afternoon.

The holding of the examination at Perry Wright's shop yesterday made that popular tonsorial parlor many times more so between the hours of nine in the morning and four in the afternoon. All manner of barbers presented themselves for the test. Some took it with that freedom of care and confidence which showed that they were quite sure of having "O. K." stamped upon their work while others nervous and worried manifested in their every move that they were scared almost unto death and feared the results.

In a talk at Wright's shop with a representative of the Tribune,

E. E. Limbaugh, chairman of the examiners, said he found conditions here similar to other places. He said that the examiners were going to see that the requirements of the state are met in all shops both white and colored and that the hole-in-the-wall shops must give way to clean, sanitary shops where the health of the patrons will not be menaced by the disease and germ laden conditions of the former.

Mr. Limbaugh spoke very complimentary of several of the larger Negro shops and said that he was going to do all in his power to assist them to succeed, but that the dirty, ill kept, dingy places must go.

So if you see the place closed in which you are accustomed to getting your tonsorial work done you will know the reason without even asking the proprietor

CREATES NEW COMMISSION

The Journal and Guide 3/11/15
Will Investigate Spread Of Tuberculosis in Virginia and Recommend Legislation

TO STUDY NEGRO MORTALITY

State Aroused to New Activities and Will Aid Colored Consumptives

(Special to Journal and Guide.)

Richmond, Va., February 10.—When Governor Stuart appoints the tuberculosis commission authorized by resolution of the General Assembly on Monday, an effort will be made to lay before the commission the alarming conditions among indigent colored people living in the cities in the hope that the spread of consumption among them may be thoroughly investigated with an eye to new legislation and

new activities on the part of the State and affected localities.

Statistics recently compiled by the State Board of Health and soon to be republished in a special bulletin, show the most surprising and distressing prevalence of tuberculosis, especially among the colored people of Virginia towns and cities. Pulmonary and respiratory diseases, it has been ascertained, cause the death annually of 7 of every 1,000 Negroes living in the cities of Virginia.

The State Anti tuberculosis Association, which has recently taken up the question, expects to lay before the tuberculosis commission all the information it has accumulated on the subject.

NEW HOSPITAL OPENS AT TUSKEGEE INSTITUTE

The New York Age 3/11/15
A. Andrew Memorial Hospital, Tuskegee Institute, Ala., was opened to the public clinic and from the day the patients came the hospital was greatly appreciated and there was evidently great need for it. The physicians and nurses were kept busy throughout the entire day caring for those who were suffering with various maladies.

Operations were to be performed, but the out-clinic was so large that there were not sufficient physicians and surgeons present to care for the out-clinic and operations too, so all had to join in administering to the out-patients. Ninety-three patients were treated in this capacity, while the wards of the hospital were almost filled, fifty-three patients being in bed. Many of these were regular hospital patients, while about twenty were awaiting operations.

Beginning on Friday, the 19th, patients began coming to the hospital. On Saturday the regular hospital force was very busy examining and admitting patients, also much of Sunday was utilized for the same purpose.

Many Unable to Pay for Operations.

It was interesting to know how anxious these people were to be treated, and at the same time it was lamentable the scarcity of funds among them. Promises had been made to treat patients at greatly reduced rates, and those who were unable to pay would be treated free of charge. The great majority came under this heading. Many, of course, assumed to be unable, but the great majority really were not in position to pay anything. There were some who brought produce. For instance, one woman with a large tumor presented herself with two quart jars of fruit as her contribution for services to be rendered; another who wished treatment

brought a jar each of peaches and blackberries; one man needed an abdominal operation and suffering severely, brought a small ham and two gallons of syrup; another brought, in payment for an abdominal operation on his wife, two chickens, two quarts of corn, and a half bushel of wheat.

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able to come
Others came in regular connection with our practice and by invitation for the clinic. A number of very delicate operations were performed. One unusual case was discovered which we are giving especial study and when laboratory reports are available the same will possibly be published. Four physicians and surgeons have already remarked that they never saw anything like it before. The patient from whom this specimen was taken is doing nicely.

Many of the operations were done by the regular hospital force after the visiting physicians and surgeons left.

PICTURE EXHIBITIONS

OPEN TO NEGROES

Criswell 3-5-15
Opportunity will be given the colored people of the city tonight, Friday and Saturday nights to take advantage of the lectures and moving picture exhibitions that are being presented in various parts of the city by the Atlanta Anti-Tuberculosis and Visiting Nurse association. The location selected is the corner of Piedmont and Houston street, near one of the colored schools.

At tonight's meeting Drs. Slater and Butler, both well known negro physicians, will be in charge. On Friday and Saturday nights other physicians of the negro race will give interesting and instructive talks.

Last night the third of the series given at the corner of Eads and Ira streets, was attended by a large and interested crowd, and was in charge of Dr. C. O. Toetel, who gave a highly instructive talk on the subject in question.

and the number

even time. The aptly titled ARCHIVES

-p. 1 wildly imagined that century would see two hundred million Negroes—in America, and some of those who are not enthusiastic not to use stronger language—have been glad to believe that death and immigration would settle our whole race question within the next fifty years—by eliminating our colored population entirely.

If these two warnings of race cryers and decryers were not so dead serious, they would be very ridiculous—and would deserve nothing but silent contempt. Let us see what the facts actually indicate:

At the opening of the Civil War—1860—there were in the United States 4,441,830 Negroes, or 14.1 per cent. of the total population of this country. In 1910, there were in the United States proper 9,827,763 Negroes, or 10.7 per cent. of the total population. During this period of fifty years, from 1860 to 1910, the Negro population increased by 121.3 per cent., which does not look much like race suicide. though, of course, it must be remembered that the whites increased 203.6 per cent. during the last fifty years. It should be noticed also that the rate of increase, both for white and colored, has been declining rapidly since 1860. The following table shows the proportionate increase is as follows for Negroes:

1800-1820—76.8 per cent.

1820-1840—62.2 per cent.

1840-1860—54.6 per cent.

1860-1880—48.2 per cent.

1880-1900—34.2 per cent.

1900-1910—11.3 per cent.

Or to put a little differently: The Negro formed the following per cent. of the entire population in each decade since 1860:

1860—14.1 per cent.

1870—13.5 per cent.

1880—13.1 per cent.

1890—11.9 per cent.

1900—11.6 per cent.

1910—10.7 per cent.

In the distinctly southern part of United States his percentage stood in 1910:

South Atlantic States—33.7 per cent.

South Central States—31.5 per cent.

West South Central States—22.6 per cent.

The Christian Recorder
Thus we are brought face to face with two clear conclusions. First, the relative importance of Negro as an element in southern population is slowly but surely declining; second, this decline is so slow and the number of Negroes is so large a per cent. that those of us who are here tonight, and the children of this generation and their children's children, will still have to face squarely the issues that arise from the juxtaposition of two very strong and differing races.

The relative decline in the proportion of Negroes in the United States is probably due both to a decreasing birth rate and to a larger death rate than that found among the whites.

The decrease in birth rate is due to numerous causes. First, the changes in economic and social conditions; second, later marriages; third, greater prevalence of disease, especially the social diseases, and fourth, to the type of work done by Negro women. This decline is not due to any constitutional change in the Negro, but to environment and social and moral life.

The high death rate among Negroes is very alarming—being about twice as high as that for whites—although there is one encouraging thing about it—this death rate is not so high now as twenty years ago—and is slowly declining. In 1900 the Negro death rate in the registration area was 29.4 per thousand, as compared with 17.1 per thousand for whites, a decided decrease for both races. It seems quite certain that this death rate for Negroes is entirely too high since almost all the registration area when account is made of deaths is urban—and all who knew the Negro know he is much healthier in the country than in the city.

Let us face squarely the causes of his high death rate in the city. It is easy to say he dies from a prevalence of tuberculosis, pneumonia, whooping cough and venereal disease—but why are these diseases more prevalent among Negroes than among whites. This is the real question to ask. Not how does he die, but why does he die?

In the first place he dies because of

Continued on Page 8.

Health - 1915

THESE CONDITIONS ARE NOT CONDUCTIVE TO GOOD HEALTH AND EFFICIENCY



On account of the unimproved condition of the streets colored school children and teachers in Huntersville and Barbourville go to school through much mud and water. Result: Colds, lowered vitality and an occasional case of pneumonia and death. Health experts agree that the excessive Negro death rate is due, among other things, to "*carelessness as to dress and exposure, backed up by a superstitious, fatalistic disinterestedness and lack of faith in all matters pertaining to the prevention of sickness and death.*" This is largely true, but may be remedied by education and municipal health protection.

A SOUTHERN HEALTH OFFICER ON THE NEGRO HEALTH PROBLEM IN CITIES

THE NEGRO (and this term covers not only the black man, but all those of mixed white and Negro blood) numbers now about 12,000,000 in the United States.

Placed in contact with the white man, the Negro, being a good imitator, soon tried to follow him in everything. Though it will take another century for him to become a successful city dweller, he has gone forward by leaps and bounds. Illiteracy is disappearing and, in the main, he is trying hard to become a good citizen. He becomes a valuable asset provided he is numerically not more than two-fifths of the community in which he lives. If he exceeds that percentage, his progress is retarded.

The cities of Wilmington, N. C., Charleston, Savannah, and Jacksonville, have an excess of Negroes over whites and, therefore, each one of these cities is on a sanitary parity with the other.

Take Savannah, as an object lesson. There were in 1913 about 39,000 whites and 42,000 Negroes and colored people. The deaths from natural causes for that year were as follows:

Whites	442
Colored	1,038
Deaths from tuberculosis:	
White	48
Colored	135
Deaths from pneumonia:	
White	38
Colored	100
Deaths of children under the age of 10 years:	
White	92
Colored	289
Stillbirths:	
White	48
Colored	230

It might be said that it is not fair to other cities to take Savannah as a guide, but in other cities where there is an excess of Negroes over whites, the same high mortality occurs.

A commission should be appointed to look into the sociological and sanitary conditions which confront us. The city government has gone as far as it can with ordinary methods and we face the following issues: First, one set of people, the Caucasian, with a normal death-rate of less than 16 per thousand per annum, and right beside them is the Negro race with a death-rate of 25 to 30 per thousand. Second, the first-named race furnishes a normal amount of criminals and paupers; the second race furnishes an abnormal percentage of lawbreakers and paupers.

Is the Negro receiving a square deal? Let this commission investigate the houses he lives in; let it inquire why, in his race, tuberculosis is increasing; why he furnishes his enormous quota to the

chain-gang and the penitentiary; let it investigate the industrial insurance companies, the money-lenders, the installment furniture dealers; and, finally, the surplus population which is a most potent factor in producing that class of persons dangerous to this community and contaminating to its health and prosperity.

Better the creation of such a commission, at least, for this city and section than the theoretical gatherings at tuberculosis conventions and immigration congresses. The Negro is with you for all time. He is what you will make him and it is up to the white people to prevent him from becoming a criminal and to guard him against tuberculosis, syphilis, etc. If he is tainted with disease, you will suffer; if he develops criminal tendencies, you will be affected.

You cannot observe these things without going where he lives in colonies in this city. Investigate these colonies and you will soon learn that if he desired to improve his sanitary conditions, he could not do it.

The congestion of residences and of people in them is the one reason why last year, 34 white people died of tuberculosis, and 124 Negroes succumbed to that disease. For the same reason, three Negro children die when one white child dies; and there are other diseases, causing a high death rate which are a result of this disregard of the laws of sanitation.

The moral side figures here also. Would you expect an improved morality when families of male and female children grow up in direct contact, a condition which necessarily follows when the family is restricted to one room? Would you expect normal health conditions?

Let the trade bodies, the county medical society, the board of education, and the bar association name their representatives to investigate the condition under which the Negro lives. This they will find, and the statement is not based on theoretical opinion or from inferences drawn from book knowledge, but from practical experience and observation.

That there are from five thousand to seven thousand Negroes more than the white population can support.

That they are so colonized that every simple law of sanitation is violated.

That, if they wanted to help themselves they could not do it, and, therefore, all the sanitary laws you could pass would not help the situation.

This is but the sanitary side of the situation. This commission would unearth the producing causes of the ab-

normal number of criminals furnished that disease to the Health Department. by the Negro race. It would demonstrate I say it to you that if you wish to keep beyond doubt that there is a contamination of the white race by the Negro race and this contamination is both physical and moral.

It is an imperative necessity that the city enact building laws which will prevent the construction of uninhabitable houses so constructed that the only idea appears to be the revenue to be obtained from their rental. These houses are built with cunning ingenuity, getting as many buildings as possible into the smallest area of ground. From a sanitary standpoint this is the worst problem we have to deal with in the city of Savannah.

There are 5,000 or more Negroes in this city who are parasites and their removal would lower the death-rate and reduce crime. Therefore, it is recommended that some remedy be applied by enacting building laws preventing the congestion of Negroes and the elimination of the depredating class.

There is in Savannah another condition which is interesting to the sanitary observer. I refer to a section of the city where dwell two races of people differing widely in every respect save one thing, which they possess in common—their dirt. A narrow street divides these people, the Russian Jew from the Negro. The first named have the lowest death rate of the city, while the death rate of the other is five times as great as that of his neighbor. The one, the hardiest race of city dwellers in the whole world, the other but a comparatively short time from the jungle.

The Negro is going ahead in spite of our neglect of him. He is a good workman and finds employment, whether as carpenter, painter, or any of the other trades. While pneumonia and tuberculosis are his greatest foes, he has what appears to be a partial immunity to certain diseases not possessed by the white race, namely, two diseases of childhood—diphtheria and scarlet fever. For some years it was my opinion that these two diseases were existing among them, unknown to the Health Department. With the close contact of the two races these diseases could not fail to be transmitted to the white race if they existed uncontrolled among the Negroes.

I would here make public acknowledgment that, after twenty-five years of close contact with the Negro race I have seen a wonderful improvement in him as a man and as a citizen. An exemplification of this is but to tell you that the concealment of transmissible disease is a thing of the past. I say with some pride, no Negro patient ever leaves our smallpox hospital who will not report

A ZONE OF HOOKWORM AND A PLAN FOR RELIEF

THE first part of the Rockefeller Foundation's annual report, which has recently appeared, deals with the distribution of hookworm and describes the methods introduced by the foundation which look to a world-wide campaign of extermination of this terribly depleting

and impoverishing and yet plainly controllable disease. The report shows that it is very widespread. Practically all countries within a zone bounded by latitudes 36 north and 30 south are infected, and in this zone live 900,000,000 of the 1,600,000,000 inhabitants of the earth.

In the southern states of this country thorough studies have been made, proving that the proportion of infection in some localities is high. Thirty-nine per cent of 548,992 rural school children who were examined, were found positive. In more southern climates, with more primitive conditions, the proportion is often higher still. Infection was found in no less than 90 per cent of the people of the United States of Colombia living between sea-level and a height of 300 feet above.

About half the laboring population of Egypt; about half the coolies of Natal and half the inhabitants of British Guiana; and 90 per cent of those of Dutch Guiana, suffer from hookworm disease. There is also a high rate of infection among laborers in Ceylon and in Malaysia and Fiji, and in the southern two-thirds of China, especially among the farming population of the Yangtse valley.

To stop soil pollution is the only means of prevention, and this the hookworm commission of the Rockefeller Foundation is endeavoring to bring about in our southern states. At the same time it is working to remove the sources of soil pollution—infected human beings—by treatment to eradicate the parasites. It is hoped that after the war, for which all preventive work now must wait, the International Health Commission formed in 1913 may succeed in organizing in the less advanced countries the same sort of local co-operation as has been secured in our southern states, for it is only through the country itself working with its own governmental and private agencies that the eradication of the evil can be accomplished.

"Visiting the sins of the fathers upon the children unto the third and fourth generation"—hookworm was, it is said, brought to the United States in the

1902

course of the slave trade, by kidnapped percentage being 58.1; Vienna, 93 physical defects of some kind. Negroes, who thus are at last revenged upon their captors. No economic advantage which the South gained by that cheap labor compensates for the great economic loss now caused by anemic and therefore weak and inefficient working population.

A prompt and fitting tribute to Dr. E. L. Trudeau is the announcement that a fund has been given by Samuel Mather of Cleveland to found a school for the graduate study of tuberculosis. This school will probably be established at Saranac Lake and will bear the name of Dr. Trudeau. As now planned, courses will be offered next May to physicians of recognized standing, who may desire to become proficient in diagnosis of tuberculosis. Any desiring to supplement the six-weeks' course at Saranac by special study of clinics or institutions, will be given opportunity at co-operating agencies in New York. The teaching staff will include Dr. E. R. Baldwin, dean; Dr. H. M. Kinghorn, Dr. Lawrason Brown, and others.

Conferences

"I S consumption catching, d'ye think, miss? F'r the children, I mean?"

A charwoman's anxiety voiced also the great question which the National Association for the Study and Prevention of Tuberculosis faced and studied in Seattle during its annual conference just closed. The relation of tuberculosis to the child in homes both poor and rich, in schools and in communities; the possibility of protecting children from tuberculosis as well as caring for those already infected,—these were the keynotes of the convention.

The association's program indicates modern lines of attack on tuberculosis by its three sections: clinical, pathological and sociological. In each, the latest results of most earnest study were presented.

In the clinical section, dispensaries for children were described and reports given of experiments in vaccination for tuberculosis; in the early diagnosis of children and the value of the X-ray in such diagnosis.

An interesting study of 228 children who, during the past two years, had come under the observation of the children's tuberculosis clinic of the Seattle health department, was given by Dr. John B. Manners and Dr. Howard Knott. Their findings showed that children living in an infectious atmosphere reacted to the tuberculosis test far more readily (in the ratio of about 2 to 1) than did those children living in surroundings where there was no exposure to tuberculosis. They found, also, that fewer children reacted positively in the test in Seattle than in Vienna: the Seat-

Such differences in findings are attributed to more favorable community conditions in housing, sanitation and climate. In the report on one thousand case histories of tuberculosis patients at the Gaylord Farm Sanatorium, Wellingham, Calif., Dr. James S. Ford, assistant practitioner to awake to the part tuberculosis must play in the eradication of tuberculosis. The thousand patients whose histories form the basis of his address had consulted 1,940 physicians, only 7 per cent of whom had made a fairly thorough examination of the patient. Dr. Ford urged the necessity of utilizing all methods of diagnosing incipient tuberculosis, not merely taking care of the crop of consumptives but stopping the source of supply.

Artificial pneumo-thorax treatment was discussed by Dr. C. H. Vrooman of King Edward's Sanatorium, Kamloops, B. C. From his own experience, Dr. Vrooman concluded that advanced cases are not likely to receive permanent benefit from his treatment but that cases of recent onset, cases where but one lung is affected, and incipient cases, are the most suitable for this treatment. Some problems of treatment were discussed by Dr. Theodore B. Sachs of Chicago.

The pathological section reported experiments in tuberculosis immunity by Doctors Gilbert and Webb of Colorado Springs, Castelli of New York and Achard of Ashville, N. C. Successful experiments were described also of doses with living tubercle bacilli, of the Widal reaction, and of several new methods of serum diagnosis. In the sociological section, discussion centered especially upon housing; the relation of tuberculosis to a practical program for the co-operation of city, county, state and nation; and measures both municipal and legislative for the control and prevention of tuberculosis. Some of the practical measures recommended include a yet stricter supervision of the milk supply; regulations prohibiting the renting of houses unfit for habitation; enforcement of laws for the removal of dust and poisonous fumes in industrial occupations; encouragement of every movement for hygiene in the home, the school and the playground; compulsory notification to health boards as soon as a case of tuberculosis is recognized; sanitary control of hotels, theaters, churches, ambulances and passenger service.

Sherman C. Kingsley, director of the Elizabeth McCormick Memorial Fund, pleaded for better ventilation and health supervision for school children. Of the twenty million children who each day assemble in schoolhouses of the United States, more than 60 per cent have been shown by medical inspection to have carry infectious people, food, cattle and mail-bags, and all ports of entry admit consumptive immigrants, the federal government cannot fail to be an important factor in the matter. . . . Its first duty is to establish for some unit of population under its wardship, an efficient means of control which will serve as an example for each state and stop present political and sentimental waste."

Following the convention proper, came a conference of the secretaries of the tuberculosis associations. Problems of anti-tuberculosis work adapted to county, city and rural districts, were presented and methods discussed for increasing the sale of Red Cross seals.

DISEASE AND INDUSTRY.

In a memorial to the president of the United States calling attention to the enormous annual loss to industry through disease and illness which are preventable, the first International Conference on Industrial Diseases called attention to the fact that the annual loss proceeding from this source is nearly \$750,000,000. 5/20/15

The possibility of saving at least a large proportion of this is a subject which is more and more demanding the attention of employers, with the result that many of them are introducing the system of periodical medical inspection and examination. In some instances where it has been tried extraordinarily successful results are said to have been attained in the saving of industrial effort as compared with those periods

in which no such attention was given to the working force. *Constitution*

It is impossible to foresee cases of sudden attack, but in many instances liability to them is reduced to a minimum through examination which catches defects, remedies them and thus strengthens the whole system against disease attacks of whatever nature. It is in this way that the plan is most effective, fortifying the man to the point of disease resistance not only by detection and remedying any weak spots, but by inculcating the principles of right living.

Employees should not only submit willingly to such medical examination, but, it would appear, would welcome it. Health is the most important thing to the individual, and in many organizations loss of time through illness means the loss of just that much income to the workers, besides the expense involved. Naturally, the object to the employer is the conservation of industrial efficiency. The well man not only keeps at work all the time, but does better work and more of it during the hours engaged. It is an advantage that works both ways, in addition to which it means a greater sum total of community production and increase in general wealth. There is every reason, therefore, why employees should welcome the examination system and endeavor in all ways to conform to it.

Periodical attention to the human machine is coming to be regarded as essential. Every time a locomotive comes in from a trip it is carefully gone over in the search for loose bolts or nuts, and every screw is diligently tightened up. There are screws that get loose in the living machine without our knowing it until finally there comes a breakdown demanding extensive overhauling and repairs, the necessity for which might have been averted by a little timely observation.

The plan of medical inspection in the schools has been found to work wonders, and why shouldn't it prove successful and beneficial in the industrial organization? The expense involved will prove small in comparison with the saving in efficiency. One thorough examination a year is believed to be sufficient, with occasional superficial inspection in the interim.

It is believed the big industrial organizations will not be slow to adopt a plan that may mean so much to them, and that ultimately, perhaps, the examination system will be put into practice by almost every institution dependent upon the efforts of employees.

Health - 1915

National Civic Clean-Up Will Prove Great Success

6/30/15

Georgia was one of the first states to be enrolled on the Civic Roll of Honor, having observed Clean-Up week.

Other states are rapidly registered as fast as their spring clean-up is completed. National civic clean-up will be a great success because women from every section of the country are taking up the work with enthusiasm, feeling that they are a vital part of a big national movement for health and cleanliness.

Health statistics this year will show millions of dollars saved by the prevention of disease. Quoting from what the American Club Woman calls a civic sermon, which might well be taken to heart by every community in our broad land: "Civic cleanliness means civic beauty. It means restored health and growing prosperity, for in no better way can a town be advertised than by its civic beauty, and if we wish to attract to our towns those who would become settlers, tax-payers and home-makers, we must see to it that our towns are sanitary, our streets clean and free from trash of all sorts.

"The grounds surrounding our public buildings must be neat and attractive, our depots well swept and dusted, and indeed an air of municipal cleanliness should pervade the whole atmosphere. It lies within the domain of every citizen to lend a helping hand to the civic work, and to neglect this duty is an injustice to ourselves and our neighbors, which never fails to beget its legitimate penalty. We obtain what we demand. We must go after things if we would have them, and the reason we so often fail to because we cease in our efforts.

"The belief that we can do a thing becomes an extra cog in the power applied to move the wheels of progress."

Mrs. Logan Pitts, Georgia's Civic chairman, writes interestingly of the state's Clean-Up week in the June issue of the American Club Woman, telling of her efforts to have the work done according to the scheduled plan. Mrs. Pitts says: "I met with my first obstacle when I asked the editor of a local paper if he would not print a copy of the governor's proclamation. He replied, 'I ain't much stuck on that governor and I don't want to give no space for his stuff in my paper.' But, I insisted, 'It is for the promotion of an excellent cause that he did it and that, too, at the request of the club women.' Well, finally came the answer, 'that being the case I reckon I'll have to let it go in this time.'"

"The following week he was timidly approached with a request to publish the short articles by the state and county boards of health. He refused to do so, reiterating, 'I ain't a-going to have no such stuff in my paper.' I could scarcely repress a smile as I heard the term 'stuff' applied to the literature which I thought the best of its kind available, it having been prepared for this especial work by those occupying positions of distinction as a result of their merit, and the situation loomed more ridiculous to my mind as I compared favorably my 'stuff' with some of this editor's own productions which I recalled having appeared in the personal mention columns of his paper from time to time.

"I became convinced that I would

have to abandon all hope of giving adequate publicity to the clean-up movement through the columns of this paper, and I decided upon another course of action. The state board of health was requested to forward at once several hundred copies of the article on 'The Importance of Clean-Up Week as Regards Public Health,' and these were mailed to alert women in the country who had them distributed at the day and Sunday schools and at neighborhood meetings. Many of these

The "Negro Quarter"

As a memorial to the late Mrs. Woodrow Wilson, who was a leader in a movement to secure better housing conditions for the poor people of Washington the Woman's Department of the National Civic Federation is planning to build a block of model tenements to be known as the Ellen Wilson Memoria Holmes, says the November Southern Workman. It is possible that this movement may mark the beginning of the regeneration of the so-called "Negro quarter" in Southern cities. And it would be a very fitting and gratifying thing if this much needed reform should come to pass as the result of a movement started by a Southern woman.

Sections of Southern cities—in fact of most American cities—inhabited almost wholly by Negroes, are called in ordinary newspaper parlance the "Negro quarter." The term is indicative as it shows to the uninformed where the Negro population of the city lives, and it is also an apology for many of the municipal sins of our cities. For where ever one exists the "Negro quarter" is a synonym for the worst there is in city government, and in city life. Not because the people who make up the "Negro quarter" make it a synonym for all that is undesirable in city living conditions, for these people are creatures of circumstances into which they are forced by the pressure of social and economic conditions. Now and then a Negro rises above alley and tenement life in spite of his environments and reaches out for loftier surroundings and for more air and more room, and even though in most cases he

succeeds he finds himself hard up against segregation laws, written and unwritten, that are designed to keep him and his offspring in the submerged state of the "Negro quarter."

Life in the "Negro quarters" would be more endurable were it not for the indifference and disinterestedness of the municipality. It does not matter how the houses are built in the "Negro quarter." The only interests to be served are those of Mr. Landlord. It does not matter whether the streets are paved or not in the "Negro quarter"; that lessens the tax assessment on Mr. Landlord's tenements. It is of little concern to the health department if there is an epidemic of contagious disease in the "Negro quarter," only Negroes suffer. And if tuberculosis is rampant it is charged up to the racial identity of the victim, rather than to the conditions under which he lives. It matters little to the municipality as to what goes on in the "Negro quarter." That is the situation and the excuse for the existence of the "Negro quarter," and we never think of it that we are not reminded of Edgar Gardner Murphy's burning words:

"Thus the law which does not protect the weak, will not—and in the end cannot—protect the strong. That which our oblique processes and our temperamental discriminations—whether in the letter of our statutes, the administration of the police, the opinions of the bench, or the verdicts of the jury—must destroy (if the zealots of race antipathy must have their way), is not the Negro, nor the white man only, but society itself, society as a sufficient instrument of equitable and profitable relations between man and man. When, accordingly we cheat the weak out of his legitimate protections, we only despoil ourselves of our consciences and our peace, but we cheat our generation and its children out of the heritage of our institutions."

Public Health Campaign.

Over three years ago The Chicago Defender launched a Public Health Campaign for the benefit of the people in general, by allotting a column on its editorial page to be devoted exclusively to matters pertaining to public

health. It was agreed that this public health column should be opened to all reputable physicians desiring to give or express an opinion on health topics of a general public nature. The only condition was that the proposed article, or health topic, should come in regular order through the physician whom The Chicago Defender had seen fit to select to edit this Public Health Column just the same as The Chicago Tribune submits all public health topics to its editor of health topics, Dr. W. A. Evans.

The Defender in the Lead.

It is very gratifying to see that The Chicago Defender is the pioneer in this great public health campaign among the Afro-American newspapers. The Chicago Defender took the high ground in the front ranks in this campaign nearly four years ago, and during this time it has not missed one issue of its health topics.

Other Followers.

The first newspaper to follow the lead of The Defender was the Kansas City Sun, edited by Dr. L. Baier; then an Afro-American paper, published in Des Moines, Iowa, edited by Dr. A. J. Booker, and several of the Chicago Afro-American papers have cheerfully joined in this public health campaign, and are running valuable and interesting health notes each week which are edited by public-spirited physicians.

Through the stimulation of The Defender's Health Column, public meetings along health lines are being held throughout the country. In fact, more attention has been given to the general uplift along the housing conditions, the working conditions, and the hospitalization of the Afro-Americans during the last five years than ever before.

Results.

We flatter ourselves in coveting the belief that the Afro-Americans in the city of Chicago are more intelligent, better educated, have a higher sense of appreciation of the value of their health than ever before as a result of this educational campaign. We know that the people are more interested, judging from the letters of inquiry that constantly come to us concerning the prevention of disease and the conservation of health; and we know that as a result of our observation the homes are better screened, that there is a quicker and a better disposal of garbage, that the basements and back yards are cleaner and that there are fewer flies, etc., in the homes than previous to this campaign; and we also know that there

is a higher appreciation of fresh air, that there is better ventilation in the home, the bedrooms, the halls and public places of assemblage; we note that in passing along the streets in densely populated sections of our city that the people have the windows of their homes hoisted permitting the sunlight and fresh air to pass through their bed chambers, etc.; we note that the sinks in the kitchens are far more sanitary than formerly, and that the landlords are finding it quite difficult to rent houses that are not in a sanitary condition.

The Workers in This Campaign.

In this great public health work we have had the constant support and co-operation of all the ministers and churches of this city. We were unable to recall a time when the various pastors have not been willing to forego their afternoon or evening services in order to permit the people to receive instructions along the line of public health.

The ministers realize that disease breeds poverty, and that poverty breeds crime, and that the greatest asset of any people is a good, clean, healthy life; that, in fact, health is our best asset.

The Physicians as Workers.

One of the greatest sources of gratification in this campaign of public health has been the active co-operation, the wholesome advice, and the encouragement given to us on the part of the members of the medical profession. Their timely suggestions, helpful and constructive criticisms of these articles from time to time have been of invaluable service to this department of health, and it is eminently fitting that we make public acknowledgement of the helpful, constructive work, and often great financial sacrifice, on the part of such men, who

not only worked in this campaign in our city, but have left their practice and gone to Springfield, Ill., with us and occupied the pulpits there on May 16, and delivered health sermons, as Drs. Spencer C. Dickerson, Carl G. Roberts, and H. Reginald Smith—these gentlemen have attested their interest in the welfare of the people, not only in their immediate community of Chicago, but throughout the state.

We find it impossible to give a complete resume of results accruing from this three year public health campaign, but the results are of sufficient importance to give us hope, inspiration, and courage to continue the battle for better health conditions of all the people, because we realize that

our hopes can only be fulfilled through the education of the people, and that the work in this battle has just begun.

WHAT IS THE MATTER WITH YOUR BRAINS?

Dr. B. C. Truitt.

The Negro race
It was once said that no nation can rise above the level of their women. It might with equal truth and force be said that no race or nation can rise above the level of their men. The Indian, at one time master, in his own way, it is true, of this vast new found world, was compelled to relinquish his hold as his health and morals began their decadent course through association with and contamination with the Caucasian invaders. Thus today as a potent force in the welfare of the world, they are a negligible factor. The Mongolian race, best typified by the Chinese empire, at one time the home of the present sciences and arts, has, by centuries of vice and almost universal use of opium, and with consequent deterioration of health, become like the Indian a decadent race, playing only a passive part in the great event of the world today, with their empire being the football, so to speak, of the Powers of today.

So what a peculiarly fitting lesson can be taken from the history of these races by the Negro race of today. If the Negro hopes to compete successfully in this great battle of existence and win out against that tough and almost impenetrable hide of Caucasian prejudice and racial intolerance, he must soon realize that it can only be done by giving the world his best, and this is only possible when a race is in its best of health. Therefore we see what importance the health of a people plays in its progress, and the Negro of today owes it to his race at least, that he keep in sound body and mind.

And now how can this best be done? You will say by our physicians. It is true they have been properly trained for this purpose, but after all they are but watchmen or guardians of our health, and they should not be expected to perform miracles. Put the most careful watchman that ever lived to watch a large and complicated building where the owner himself is careless and the employees are negligent and the structure is faulty and inadequate; and this watchman's work will be increased twenty-fold, and it would be a fortunate man that could safely protect such a building. So it is with physician. Let him attempt to guard the health of a man negligent of the ordinary laws of health, hygiene and sanitation, and in a word ordinary common-sense health laws and the physician's endeavors will be seriously handicapped. And after all what is all of this? It is but a plea for real co-operation on the part of the patient with the physician for a mutual good.

In my observations of the Negro better classes are

race, not that they are totally immune from the same criticism, as I say, in my observations, have been thoroughly impressed with the fact that the Negro will not use his brain. He will not think, and will not use even ordinary common sense in observing the laws of health. A man does not have to be highly educated to know that he should not allow a consumptive to spit indiscriminately about the room, even if that room is in a house up a court or on the top floor of a rickety tenement. He does not have to attend a series of health lectures to know it is wrong to huddle three or four children in the same bed with a consumptive mother or syphilitic father. He does not have to attend lectures or read extensively on eugenics to know the offspring of diseased and dissipated father, even though the mother be a good woman, cannot be healthy children. Nor does he have to be a farmer to realize that in sowing the wild oats of youth while on his spree is not going to give him a ripe old age, but rather a premature grave. It does not need Federal laws for a sensible man to realize the dangers to one's health in the use of such drugs as opium, cocaine and the like, which have recently come under the Federal notice. A nation wide Prohibition is not needed in order that one see fully the danger in rum to the Negro. A husband or any man who will knowingly spread disease, blindness, or an inheritance of syphilis and rickets to his offspring does not have to have the Bible quoted to him for him to know that he has "Done it to the least of them." And yet these are the difficulties with which we are beset today. The mass will not use their brain. They will put blind confidence in the physician and then throw all manner of obstacles in his way and then expect him to do wonders.

So it is high time we wake up. Use your brain a little. STOP putting all of the work on the physician. LOOK about you and see what you can do yourself for your own health and others. And lastly, LISTEN to this little plea for co-operation, and when the express train of disease carrying consumption, syphilis, decrepit old age whizzes past your station, you will find yourself on the safe side of the track.

Philadelphia, Pa.

HEALTH EXPERTS SEEK

TO LOWER DEATH RATE

Consultation
In Convention Here Prominent

Physicians Discuss Sanitation and Surface Closets.

5-19-13
The conference of state and field directors of the state boards of health of eleven southern states held their first sessions of the two days' meeting in

conjunction with representatives of the international health commission in the Ansley hotel yesterday. This conference, which has been called through the co-operation of the international health commission, is discussing the community as a unit for efficient health work.

In the general discussions following the scheduled talks on the hookworm and community sanitation, it was pointed out that the death rate between 1890 and 1913 had greatly decreased. Dr. Ennion Williams, secretary of the state board of health of Virginia, said that deaths in that state had decreased 50 per cent since attention to sanitation had become prevalent.

In opening the discussions Wednesday morning, Dr. Henry Boswell, field inspector of the Mississippi state board of health, will discuss some difficulties encountered in doing community work and how they may be overcome. The general discussion of the topic will be led by Dr. E. L. Planagan and Dr. R. N. Whitfield. Dr. Whitfield will also speak on the construction and safety of the pit privy and will be followed by Dr. A. T. McCormack, who will explain other features of this problem in sanitating a community. The sessions of the afternoon will be devoted to a general discussion of the privy problem after the reading of a paper by Dr. D. C. Absher, on the possible ways of getting every family in a community to build an improved type of privy.

At the meeting of these health experts Tuesday, Dr. John A. Ferrell, assistant director general, international health commission, and Dr. Wickliffe Rose, director general of the commission, participated in the discussion of the hookworm, which followed talks concerning treatment of the hookworm and its eradication, by Drs. Olin West and A. G. Fort. Much of the work now being done in the treatment of the hookworm disease in Georgia has come under the direction of Dr. Fort, director of field sanitation.

INTEREST AROUSED BY ANNOUNCEMENT OF CLEAN-UP HERE

Resolution to Fix May 10-15 As Official Campaign

Period

BRASSELL ENTHUSIASTIC
Advertiser 3-26-13

Announcement yesterday morning by The Advertiser that Commissioner Brassell had prepared his resolution for introduction to the Board of City Commissioners to designate formally the period of May 10 to 15 as the official clean-up campaign period by the Sanitary and Health Department of the city, in which The Advertiser formally announced its co-operation in the undertaking, as in previous years,

aroused a great deal of interest throughout the city. During this period only the city will give cash prizes in the garbage can contest, and The Advertiser, in assisting the National Clean-Up and Paint-Up Association is co-operating with the city, will offer additional prizes.

Commissioner Brassell, always a clean-up enthusiast, was even more so yesterday, and said that he had been approached by other interests to endorse a separate clean-up campaign. Mr. Brassell said he stands ready and willing at all times to endorse any clean-up campaign that may tend to assist his department in the work that it has set out for itself, and because of this fact he has heartily endorsed the clean-up date, April 5.

Brassell's Endorsement.

Mr. Brassell says he will endorse any such campaign that he believes is not inaugurated and maintained from a point of view of commercialism, and if he does inadvertently endorse such a campaign it is because he has not been fully advised as to all details. He says he does not propose to permit his department to be so used. The Advertiser has endorsed the city campaign this year as it has in the years that are gone, and will lend every assistance, even to giving additional prizes in the contests.

The children of the city have been making frequent inquiry of the Sanitary and Health Department as to the dates of the campaign and the details that will govern the contests. These details are now being tabulated and are promised to the public during the coming week. Yesterday, after The Advertiser had told of the formal selection of the dates, Mrs. Walton Hill, chairman of the Junior Civic League, visited Commissioner Brassell's office and assured him of the support and official recognition by her organization of the city's campaign. Mrs. Hill asked Commissioner Brassell to sanction officially the participation of the 2,000 children in this organization in the city's campaign, which sanction and encouragement was gladly given.

Other Similar Campaigns.

As a result of the correspondence that has been carried on by the Sanitary and Health Department of the city in connection with its annual clean-up campaign for this year, Selma, Meridian and Jacksonville, Fla., in the South, and New York city in the East, have announced a determination to inaugurate similar campaigns. The Southern cities are desirous of putting on their campaigns during a period that will not conflict with Montgomery nor with each other.

New York last year sent a special investigator to Montgomery when the campaign was completed to make a study of the actual results. What was found proved a revelation to this investigator, and a decision was made immediately that the metropolis of the country would inaugurate a similar campaign this year, following the identical plans of Montgomery, for which this city is being given credit in the future.

CLEAN UP

There is no doubt as to the large amount of good accomplished by the health meetings thruout the country. Cleanliness, however, is

not something we can start and expect to keep going with only an initial push. It is something that we can maintain only by keeping eternally at it, until bodies, clothes, houses, neighborhoods and relations look or feel unnatural when unclean.

In this state the Colored Medical Doctors' Association is helping along this line of improving health and appearances. In Missouri, public school teachers are required to attend health lectures. A town in Tennessee boasts of a newly instituted infirmary. Texas has had its "clean up" days and thru lectures and suggestions, the Negro Civic League is inspiring a larger conception of sanitary surroundings. A school in the District of Columbia sent out its graduates this year under the motto: "Clean up first, then teach."

In this city, the dumers still try the patience of the much suffering housekeeper, who is anxious to plant sod in the backyard and whitewash the fence. In the front street, the paving progresses at a tortoise pace. There are those, who do not have to suffer these inconveniences. You, Mr. Housekeeper, with your dingy and tottering back fence, your littered and grassless backyard clean up. Begin there and work thru to the street. Remember it is not a matter of appearances simply, but of enjoying health in the fullest measure, and ultimately of prolonging life itself. The lack of cooperation on the part of one careless and filthy member of a neighborhood can make the good work of the others of little avail. Clean up first yourself, and make your neighbor ashamed of himself if he does not do likewise.

HEALTH LECTURES

On Wednesday and Thursday nights of this week lectures were given and health pictures shown at Mt. Bethel and Nazarene Baptist Church under auspices of Dr. W. A. Harris who is working in connection with the Urban League, a representative of which was present on each occasion. The attendance each night was good and the information given will be quite helpful. Meetings in other churches will be planned, and our people induced to preserve their health.

A Prayer for All Those Afflicted with Consumption

O God, we pray Thee for all those who are sick or dying with Consumption. Strengthen their powers as they battle for their life, and if it be possible, we beseech Thee to restore them and grant them the fulness of their years. If their strength is failing, give them courage still to labor cheerfully and to leave to those who love them dear memories of faith and patience for the distant days.

Grant, O God, to us who are well, the desire to lead clean lives, to keep our bodies clean, to keep our houses clean, to keep all about us clean, that we may fight the spread of Consumption, the terrible disease that is slowly destroying us. Open our hearts to a knowledge of the way to live so that this disease may not touch us. Grant to us the will to all stand together in our fight against this power that slays the young and strong in the bloom of their life. May this death that creeps from man to man be a solemn reminder that we are all one family, bound together in joy and sorrow, in life and death, that we may cease from our selfish indifference and together seek Thy kingdom and Thy righteousness which will bring us health and life.

CLEAN UP DAY AND A PRIZE FOR YOU

Clean up days have been observed by official proclamation in many states of the Union. New York had a "clean up and paint up" day.

Gov. Hall has fixed May 14 as clean up day for Louisiana and has issued a proclamation to that effect. The people are requested to devote themselves to the work of cleaning up their respective premises, towns and cities and preparing them for the season during which unsanitary conditions are the

most baneful; and to assist the health authorities in work of public sanitation."

Some weeks ago we urged the observance of National Negro Health Week a part of the program being cleaning up the premises and houses and churches. Some of our people could not see the wisdom of the appeal. Now comes the Governor's appeal, not to the Negro, but to all the people.

We will be a menace to public welfare unless we do all in our power to make our homes and yards and out-houses as clean as water and elbow-grease will make them.

Remove all old tin cans, discarded rugs, unused matings, in fact all rubbish; your home will not only look better but will be healthier. We court disease and death when we allow filth and rubbish to remain on our premises. Not only clean up but cheer up by a free use of white wash. It is cheap, but it will improve the looks of any place. The Governor and the State of Louisiana expect you to be loyal citizens and help to make our state one of the healthiest

in the nation. To stimulate effort along this line we will publish an honor roll of churches that make the best use of clean up day. Moreover, to the church sending in the best report we will give 50 song books. For the second best report a pulpit Bible; for the third best report, a pulpit hymnal—we will give a fourth and fifth prize. Now go in and make clean up day a success and try to win a prize.

These prizes apply to churches in Louisiana only. May 14 is the day set aside by Governor Hall.

Watch the columns for further information concerning clean up day and the Southern prizes.

NEGRO MORTALITY

One set of New Year statistics which should attract the attention of the Negro with grave concern are those which show the high percentage of his death rate, especially in the cities. While the increase in the population of the American Negro has made a fair showing in the last fifty years considering the fact that the white population has been boosted immensely by immigration, yet it must not be disregarded that the race increase is being materially affected by the ravages of diseases, more particularly, tuberculosis.

The report of the City Board of Health of New Orleans for the year 1914 shows that the death rate among Negroes, including non-residents, climbed to 30.30 per thousand inhabitants; while among the whites it was only 16.01. Non-residents excluded it stands 26.22 for Negroes and 11.31 for whites, or

17.54 counting all together. This record shows an excess for Negroes over the whites of nearly 82 per cent.

One of the reasons usually assigned in accounting for this excess in Negro mortality is the Negro's ignorance of, and his disregard for, the laws of health and sanitation. Sad to say that this must be admitted as true to a great extent. For when we observe the unsanitary conditions in which some of our people live, the wonder is that they live at all. But is it not unfair and unreasonable to charge up the whole difference to these causes? For the careful observer who traverses the streets of our large cities must admit that many of the poorer classes of other races appear to live with no more respect for hygienic laws than some of the Negroes. And too, let those who are trying to establish the Negro's constitutional incapacity for resisting diseases remember they have not accounted for the fact that the ante-bellum Negro was almost entirely free from some of the diseases which preyed heavily upon the white people among whom he was living.

But we are much inclined to believe that housing conditions form a large factor in the causes of the Negro's excessive mortality.

When the "clean-up campaign" was on in this city last summer some of the speakers urged the colored people to insist on better housing conditions. They argued that it were cheaper in the long run to pay a little more rent and get a decent house to live in rather than to live in a dilapidated shack, a disease trap. Here, however, is a problem.

One of the New Orleans dailies recently gave an account of an incendiary fire in the home of Prof. Bell, a teacher in one of the city schools, who lives on a prominent street in the city. The account was headed, "Incendiary Fire Follows Warning." A copy of the letter which Prof. Bell received several weeks ago was published also. It was as follows:

"New Orleans, La., Nov. 6, 1914.

"Say, Mr. Nigger, you must move at once or we will burn you out.

"Tired having niggers acting like white people, living in fine houses and singing and playing the piano. Last warning. Give you one month to move out. Move across the street in those small houses suited for niggers.

"Com. of White Men."

(Glad to note that the city authorities are making investigations into the fire and the letter.)

We cannot believe that such sentiment as is here expressed is the better element of New Orleans. Yet there are indications that somewhat general impression prevails that not many Negroes reside in places where they

can have things sanitary and comfortable around them with plenty of fresh, pure air.

Not long ago a colored congregation in the city filed an application for a permit to build a church. White citizens entered a protest against the erection of the church on the site selected. Then the officer whose duty it was to pass on the application was instructed by a higher official to scrutinize it closely and to refuse it if possible. This leads us to note that the conditions in the vicinities of many of our churches, schools and public meeting places have been rendered almost unbearable. In some of these very places where we go for worship, and for moral, mental and physical betterment, the air is so foul with unpleasant odors, as well as with vulgar and unseemly conversation, that proper ventilation is impracticable.

We would submit this as a fair question: In making up the death rate of the Negro ought not these conditions to be taken into account? Furthermore, we protest that the attitude of the landlords and the general sentiment of the masses of the citizens furnish rather poor encouragement to those who are striving to improve the health conditions of the race. We therefore, enter this appeal for help, that the housing conditions of our people may be rendered more sanitary; that our places of public meeting may be given the same moral and sanitary protection as are guaranteed to the people of the other races. If this be done we are confident that the death rate for the year 1915 will show some improvement.

TUBERCULOSIS DEATH RATES DECLINE FOR YEARS INVESTIGATED

Advertisements 2-9-15
WASHINGTON, Feb. 8.—A death rate in 1913 of 14.1 per 1,000 of the estimated population in the registration area of the United States, compared with 13.9 per 1,000 in 1912, is shown in a census bureau report today. Deaths in the registration area, which contains about two-thirds of the population totalled 890,948.

Washington showed the lowest State rate—8.5 per 1,000; New Hampshire's rate, 17.1, was highest. Among the fifty registration cities with populations of 100,000 or over, Seattle had the lowest rate, 8.4. Memphis with 20.8 had the highest.

The average age at death for both sexes, from all causes, was 39.8; for males alone, 39.2; for females, 40.6. Nearly 18 per cent. of all deaths were of infants under 1 year of age, and more than 25 per cent. were of children under 5.

The death rate from tuberculosis declined from 149.5 per 100,000 population in 1912 to 147.6 in 1913. The rate from cancer rose from 63 per 100,000 in 1900 to 78.9 in 1913. The number of suicides was 9,988, a rate of 15.8 per 100,000.

HEALTH PAPERS

THE NEGRO HEALTH PROBLEM

By D. A. Bethea, M. D.

Southwestern Christian Advocate

The American Public Health Association held its annual meeting at Jacksonville, Fla., the first week in December. One session was devoted to a discussion of the Negro health problem. The problem was freely discussed by those noted medical men. All of the speakers on the program are actively engaged in some phase of public health work in the South, and their opinions and accounts of their experiences were received with the greatest possible interest.

The first speaker was Dr. William F. Brunner, health officer of Savannah, who took up the Negro health problem in Southern cities. He was followed by Dr. A. G. Fort, director of field sanitation of the state board of health, of Georgia, who discussed the Negro health problem in rural communities. Dr. L. C. Allen, of Hoschton, Ga., took up the problem in its general aspects from the standpoint of the rural physician in the South.

Syphilis among insane Negroes was the topic of the most important paper by Dr. S. S. Hindsman, of the Georgia State Sanatorium, at Milledgeville.

Dr. Brunner said that the death rate among Negroes was on the increase. That there were 16 white people in every sand died annually, while in every sand colored people there are 25 or 30 deaths. He suggests that a commission be appointed to investigate the houses they live in, and why tuberculosis is increasing, and why they furnish such a large quota to the penitentiary and chain gang.

Dr. Allen said: "Communicable diseases find their favorite procreating ground in the dirty Negro section of the city and unsanitary Negro settlements in the country. * * * It is undoubtedly true that the Negro Race has deteriorated physically and morally since slavery at times. Freedom has not improved the Negro's morals nor benefited his health. There is more sickness, inefficiency and crime among them now than before the war. All the old physicians tell that before the war the Negro was practicable free from tuberculosis. But how is it now? * * *"

"Because of the excessive death rate from tuberculosis among the Negroes the impression has gone forth and has been widely accepted as true that the Negro Race has peculiar susceptibility to this disease. I believe that when all facts are considered such a conclusion is not justified. Why was the

Negro free from tuberculosis during the slavery times? The answer is quite obvious. Then he was disciplined; then he was made to bathe and keep clean; he was furnished a comfortable cabin in which to live, which he was required to keep scrupulously clean; he was furnished plain but wholesome food in generous quantity; he was made to stay at home at night and rest, that he might be able to work; he was not allowed to roam the country, but was made to work regularly, and was taught how to work; he was not allowed liquor or indulgence in vicious pleasures; if he became ill the best physician obtainable was employed to treat him. It was to the slave owner's interest to do these things. The more efficient and skillful the more valuable he was. A sickly negro was of very little value—a dead negro none. There was no more healthy race of people to be found anywhere in the world than the slaves of the South before the Civil War."

Now don't get excited gentle reader. While there was a great deal of exaggeration in these addresses, and while as we know, some of the statements by the learned men are not in harmony with the facts in the case, nevertheless we are sorry to say that too much of it is true. There is no use to "beat around the bush." We just as well admit that the young Negro is extremely careless about his health and morals.

Knowing this to be a fact we must set out to solve this health problem. The health problem cannot be solved alone. The moral must go hand and hand. It is a good omen when Southern white men begin studying this subject. But the real salvation of the Negro must come from within and not without. The Negro may be forced to live in restricted districts, but he can make that district beautiful and healthy. Our homes and premises should be kept so clean that persons in passing cannot tell colored people live there except they see colored faces or hear the graphophone.

Our slogan must be cleanliness in home, in the workshop and on our person. It is said that the civilization of a people depend upon the amount of soap they use—some folks are not very civilized. We must wage war against late hours, whether it be in club, lodge or church. People must be taught to avoid patent medicine as they would a serpent. This health problem, like all others affecting the race, cannot be set-

THE ANTI-TUBERCULOSIS ASSOCIATION FOR COLORED PEOPLE WIDE AWAKE

Recently under the supervision and direction of the Anti-Tuberculosis Association of the city, a department for the colored people was organized with the following officers: H. H. Pace, president; Prof. John Hope, first vice-president; A. F. Herndon, second vice-president; H. A. Rucker, third vice-president, and Miss Rosa Lowe, of the main association, secretary. After the organization was effected the names of the several departments of work were announced as follows: Chairman of Home Investigations, Mrs. John Hope; chairman of Amusement Committee, Prof. Garrie Moore; Lecture Committee, chairman, S. W. Walker; Committee on Conditions in Schools, Prof. L. A. Wheeler; Public Buildings, chairman, Lawyer M. W. Bullock; Medical Department, chairman, Dr. C. C. Carter; Relief Committee, chairman, Rev. M. Thompson; Press Representative W. J. Trent.

The different committees have a number of faithful workers on them, who have the best interest of all the people at heart, and the way the work has started off, splendid results will no doubt follow. Already some very fine work has been accomplished which augurs a full program for the entire year. And why not? With conditions as they are in our city among the less fortunate in health and economic conditions, it becomes the duty of the more fortunate to make the sacrifice and give of their time and means for a better Atlanta, and it means much to the whole movement to get the co-operation and service of the above named citizens for such a program as the Anti-Tuberculosis Association has mapped out for the present year's work.

tled by whinning and finding fault with the white man; but in finding out our own duty and doing it with our might.—Terre Haute Ind.

The issue of health should be a matter of serious consideration with the entire race. Despite the lying assertions of those whose wish is father to the thought, the colored people are dying out, and facts show us as being on the increase, but not half as fast as a healthy race should be and not nearly as fast as the white race. But this is not altogether our own fault, nor is it to be wondered at with the many instances in mind where our people are forced by prejudice and its servant, segregation, to live in unhealthy localities and unsanitary houses.—Exchange.

Health Week - 1915

MAKE IT PERMANENT.

National Health Week for Negroes, which has been observed energetically in Atlanta, is drawing to a close. Practically every negro leader of prominence in the city, religious, educational, professional and lay, has co-operated to drive home the fundamental facts that the price of prolonging the span of life for the negro is scrupulous observance of the known laws of sanitation and hygiene. Propaganda of this nature should not be confined to one week, and it should have the hearty cooperation of representative white men. The neglectful and slothful habits of generations, accumulation, and back even of these, of inherited origin, are not evicted by consecutive preachments of a few days. It will require hammering, persistent, organized and systematic, to accomplish that, to save the negro from himself, and the white man from the diseases of the negro.

When in Atlanta alone, a city of tolerable sanitary regulations, the negro death rate is more than twice that of the white man, the ignorance and carelessness among the negroes must be appalling.

While the negroes are decimating themselves, they are passing the contagion on to the white man. The germ respects no line of color or caste. It follows your clothes into the possibly infected home of your washerwoman, or is brought into your home by a negro who resides in a possible center of infection.

From the standpoints of self-preservation and economics, to put it on no higher grounds, we owe it to ourselves to co-operate vigorously with the negroes in reaching a higher plane of sanitary cleanliness.

We need the spirit and methods of Gorgas in many of the negro districts of Atlanta.

The one way to get results is to enact one sanitary law for all races, provide plenty of hospital facilities for all races, enforce the laws without partiality, keep the hospitals with ample accommodations, clinical and otherwise, and equipment up to date.

That is the best, the most imperative investment municipal Atlanta can make. The sooner we wake to that fact the sooner the white death rate as well as the negro rate may be expected to dwindle.

THE GREAT NATIONAL HEALTH WEEK, TO BE OBSERVED FROM MARCH 21st to 27th, 1915.

Recorder 3/14/15

COMBAT THE MONSTER: CONSUMPTION.

One of the things that the National Negro Health Week, March 21st to 27th, is intended to do is to spread information concerning how it is possible to keep from having consumption, and how to cure consumption. For a long time it was supposed that consumption was inherited and incurable. It is now found that this is not true. Consumption is a disease that is acquired and with proper care can be cured.

It is hoped, therefore, that in connection with Health Week, special meetings will be held in every locality at which physicians and other competent persons will instruct the people how to combat this scourge of the race.

500,000 Negroes of Present Population Will Die From Consumption.

It is estimated that of the ten million Negroes now living in the United States, six hundred thousand, or sixteen out of every one hundred, will die of consumption. On the other hand, it is estimated that one-fourth of these six hundred thousand persons, or one hundred and fifty thousand, can be saved by means of preventive methods be saved.

Help Us Save This 150,000.

Many things are necessary to overcome this monster, for consumption is a disease of poverty and is spread by bad houses, insanitary methods of life, carelessness and excesses. But of all things that help to overcome consumption, nothing is so important as abundant fresh air. Do you sleep in a room where you keep the windows tightly closed in cold weather? Do you keep out fresh air because it may "chill" you? Do you work in a room or a shop where the air cannot enter? If so, you are hazarding your life and inviting death. Open your windows and keep them open at all times, especially during the hours of sleep! If you have not cover enough to keep you warm in cold weather, save money and buy it, for ample cover, permitting you to sleep with your windows open, will do more for your goodall health than all the medicine you buy if you want to live, and to keep from having consumption, live with your windows open!

(Signed)
BOOKER T. WASHINGTON.
President, National Negro Business League.

Tuskegee Inst., Ala., Mar. 8, 1915.
Health week announcement does not sound like music to the "ears" of germs.

The Freeman
Health Week ought to be any old week. But it isn't. It will be more so, however, for the week of March 17, when a great movement will be launched against germs and dirt.

SELMA WILL OPEN BIG CAMPAIGN FOR CLEAN CITY TODAY

Children, Churches, Clubs and Citizens Will Participate

In Campaign

advertiser

MANY NORTHERN TOURISTS

3-24-15

Selma Bureau of The Advertiser
J. P. Welsh, Corr.

With the dawning of Wednesday morning Selmians will begin on what will probably prove the biggest clean-up campaign ever waged in this city. Every man, woman and child will take part in the work and by night it is planned to have every lot, ditch and gutter in the city free of trash, broken bottles, tin cans and debris. Street superintendent John Browning has announced that extra wagons will be placed in use Wednesday and the gathered trash will be removed as soon as placed in front of the homes. Selma's annual clean-up day has always been observed about April 1, but this year, owing to the early break of spring, Mayor Clay proclaimed Wednesday the day and asked the citizens of Selma, through the local press, to co-operate with the sanitary department in cleaning the city from end to end. The school children, women's clubs, church societies and other organizations are behind the movement and will lend their support and urge their members to assist in every way.

The negroes of the city have appointed committees composed of their leading business and professional men to arouse interest among the negroes of the city. Sunday morning negro doctors and business men appeared at the Selma churches and talked on the importance of the clean-up work. Monday the same men visited the negro schools and addressed the pupils, seeking co-operation.

This year more than ever before tourists from the northern states are stopping over here for a few hours or days. Monday night a large party came up on the river barge Peeler, and spent several hours in the city while the boat was discharging freight here. The party left on the boat for Montgomery and will return to Mobile with the boat. The hotels here report heavier tourist business than ever before and right now there are a dozen northerners spending their time in Selma.

The council fires of Choctaw Tribe No. 25, I. O. R. M. (Red Men) will be lighted Wednesday night by R. E. L. Niel, deputy from the Great Sachem, who will endeavor to arouse interest in the organization here.

Conservation of Negro Health

An important feature of the educational work of Tuskegee institute is that seeking the conservation of health among the negroes. The National Negro Business league is asking the colored people of this country to unite in observing March 21-27 as national health week.

A pamphlet comes from Tuskegee in which many facts concerning disease afflicting the negroes of the south and negro mortality are set forth and in which practical suggestions are made for improving health conditions.

The United States census bureau has just published a statistical report on negroes in which it is shown that the death rate in 1910 was 25.5 per 1000 population, as compared with a rate of 29.4 in 1900. The decline in the death rate was greater among the negroes than among the whites. Every city in the south, except Key West and Memphis, showed a lower rate among the negroes in 1910 than in 1900. These facts should encourage the negroes all the more to organize thoroughly in their efforts for health conservation.

According to the census bureau one of the factors which has caused the lowering of the negro death rate is home ownership—improved housing conditions. In the decade from 1900 to 1910 the number of homes owned by negroes in the southern states increased by 102,912 or 31.4 per cent. In 1910 in Alabama 17,227 farm homes and 16,714 other homes—chiefly in urban communities—were owned by negroes.

In the Tuskegee pamphlet it is stated that 450,000 negroes in the south are seriously ill all the time; that the annual cost of sickness of these 450,000 negroes is \$75,000,000; that one-half of this sickness is preventable; that 45 per cent of the annual mortality is preventable; that the annual economic loss to the south from

sickness and death among the negroes is \$300,000,000.

This whole question is of great economic importance and the white people of the south should stand ready to assist the negroes in this "better health movement." As cleanliness contributes to health, negro clean-up week should be well observed.

LEADERS DIFFER ON PROBLEM OF NEGRO

Booker T. Washington And N. A. Dubois Wide Apart As To Best Methods.

ONE IS FOR SOCIAL EQUALITY

Health Meetings Being Held At Bethel African M. E. Church Attracting Attention.

Owing to the fact that the two prominent out-of-town speakers—Booker T. Washington and N. A. Dubois—at the three-day health conference for the colored residents of the city, which opened last night at Bethel African Methodist Episcopal Church, Druid Hill avenue and Lanvale street, represent opposite parties in the colored race, an unusual interest is being taken in it not only by the colored men and women, but also by many white persons.

Booker T. Washington, who spoke last night, is the leader of the party which believes that the negro should work out his own problems, building up the negro race in co-operation with the white race, but not seeking social equality. He is regarded by many persons as an outstanding member of his race. He spoke last night and left this morning for New York.

Dubois Has Opposite View.

On the other hand N. A. Dubois, who is connected with the National Association for the Improvement of the Colored Race, is said to be head of the party which believes that the negro should seek social equality as the means of working out his problems. He is a man of undoubted force and exercises a wide influence. He will be the chief speaker at the meeting tomorrow night, when the Maryland Medical, Dental and Pharmaceutical Association (colored) will be in charge.

Moving pictures on health topics will be shown in Bethel African Methodist Episcopal Church, in which all the meet-

ings are being held, from 7 to 8 o'clock tonight. Mayor Preston will make the principal address. Health Commissioner Gorter will preside and make a brief address. Other speakers will be Dr. J. Hall Pleasants, Miss Eleanore McI. Jones, superintendent of the Tuberculosis Nurses, City Councilman Harry S. Cummings, colored, and Dr. Harry S. McCard, colored.

Other speakers tomorrow night, besides N. A. Dubois, will be R. C. Powell, secretary of the Maryland Association for the Prevention and Relief of Tuberculosis; Dr. E. V. Fitzgerald, colored; Dr. H. E. Young, colored; Dr. W. H. Wright, colored, and Dr. H. F. Brown, colored.

STATE WIDE CLEAN UP

Negro Organization Starts Movement for Betterment of Race.

Hampton, Va., Feb. 26.—Three years ago the Negro Organization Society of Virginia inaugurated a State-wide "Clean-Up" to save the lives of colored people and to promote racial good-will.

Thoughtful race leaders realized fully that colored men, women and children were dying far too rapidly. They decided to secure the co-operation of the masses to promote better public health.

The results have been so extraordinarily good that President Robert R. Morton and his associates have issued a call for a "Clean-Up Week" to be observed from March 21 to 27.

Official Co-operation

The Virginia State Board of Health will soon mail to a State-wide list of thousands, a revised "Handbook of Health for Colored People", prepared and issued at the request of the Negro Organization Society of Virginia, which is especially adapted for "Clean-Up Week" and for the "Colored Sanatorium Tag Day", March 27.

"Good health," says the Board, "can be purchased so cheaply and so readily by the application of common sense that every citizen should avail himself of this means placed at his disposal to prevent communicable diseases."

Getting Down to Business

The Negro Organization Society of Virginia is an organization seeking to wake up the Negro people of Virginia to the necessity of buying land, building more and better homes, preaching better schools for their children, and making a systematic, state-wide fight against all forms of filth and uncleanness that spread disease and death.

To carry out the plans of the organization we have in the field active agents who are going from city to city and from county to county, visiting the people and giving them personal direction as to the how and why of improving the conditions amid which they live;

putting stress, among other things, on instruction in the fundamental rules of good health.

Program Outlined

The following program is outlined by the Negro Organization Society:

Sunday, March 21 — Colored ministers preach health sermons.

Churches and Sunday Schools take a collection for the "Sanatorium for Colored Consumptives."

Tuesday, March 23 — Annual "Health Day Program" in colored schools with co-operation of the school patrons. Suggested exercises: (a) Good talk on health; (b) Extracts read from health bulletins; (c) Recitations on the importance of health.

March 24, 25, and 26 — General cleaning up of houses and yards.

Saturday, March 27 — "Tag Day" for the colored sanatorium where consumptives will be carefully treated.

Allen's National News Bureau,
252 West 53rd Street.

NEW YORK CITY, March 22.—Dr. Booker T. Washington's call that the Negroes throughout the country observe the week of March 21st, as Health Week, at which time the health status of the Negroes be studied with reference to existing conditions that cause such a large death rate among Negroes, especially in the large cities, was widely observed in this city. Never before has there been so much interest manifested in a movement as the interest shown in this call to observe Health Week. Men and women in all walks of life took keen interest in the week, and besides the wide advertisement throughout the colored press of this city, there were thousands of cards and circulars distributed throughout the city urging the race to observe this week. Among the notices that attracted wide attention were the number of cards distributed through the city which called attention to the following facts: That there were 2,631 deaths among Negroes last year; that 25 out of every 100 persons who died in New York last year were Negroes; that every three and a half hours a Negro dies in New York; and that every seven hours a Negro dies in Harlem; and that 2 out of every 11 Negro babies die before reaching their first birthday. These facts attracted widespread interest and call attention in a forceful manner to the necessity of taking notice of the health status as it surrounds the race. Special notices were given from the pulpits throughout the city last Sunday and there were discussions in private homes among families. Last Monday evening a large mass meeting known as a Better Health Meeting was held at the Mt. Olivet Baptist church on West 53rd street. The feature of the evening was the illustrated address on "Why the Babie Dies." The speakers were Dr. Martin, of the board of health; F. C. Meyer, of the Child Welfare Committee; Dr. A. S. Reed and Dr. Charles Roberts. Rev. Dr. W. P. Hayes, pastor of the church, presided. It was one of the most significant meetings held in this city and gave Health Week a good start. During the week there were various conferences which had for their object the studying of the health problems of the Negro.

By call of Dr. Booker T. Washington, March 21st to 27th has been set apart as "National Health Week" when great meetings are to be held at Tuskegee Institute and other places to urge our people to "clean up" in the interest of good health. The movement is a timely one. Dr. Washington strikes the keynote of the enterprise when he calls attention to the startling fact that in the South alone there are 450,000 colored people seriously ill all the time, costing this one section the enormous sum of \$75,000,000 a year. 112,000 colored workers lost wages through illness that takes from the race's earnings capacity \$45,000,000; 225,000 negroes of the working class die annually, 100,000 of whom might live if they took good care of themselves. Dr. Washington figures it out that sickness and death cost the colored people of the South \$100,000,000. If these people would obey the laws of health, reduce disease to a minimum by sanitation, ventilation and take proper precautions against the spread of germs, \$50,000,000 of this total might be saved. This is a serious question, as Dr. Washington emphasizes, and our people should enter into the spirit of this National Health Movement with a determination to open the eyes of those who have been careless in the past. Good health is a race asset, and no stone should be left unturned to promote it. Ministers, teachers, doctors, lawyers and everybody should have a hand in this work.

Health Week

March 21st, to 27th, will be observed by colored people throughout Virginia as Health Week, when every colored family is asked to inaugurate a general "clean up" of home and premises in an effort to promote better public health.

The colored people in Virginia and elsewhere are dying far too fast. The causes are not all within our control, but we may overcome the rapid tendency to disease by removing the causes that do lie within our control. The Journal and Guide of March 20th, will be devoted to this "Clean Up" campaign and there will be many articles on health protection and sanitation. We invite also pictures of well kept homes and premises that are free from unsanitary surroundings and causes that bring on disease.

The Howard University appropriation of \$101,000 has

stored to the sundry civil bill by Congress and Howard will live on despite the efforts of Congressman Sisson of Mississippi to kill it.

NATIONAL NEGRO HEALTH WEEK PROGRAM

March 21-27, 1915.

The Program herewith submitted for the observance of National Negro Health Week is only intended to be suggestive. It is prepared with the thought that it may contain some ideas adaptable to various localities. It is hoped that the school, churches, secret societies, Negro Business Leagues and other organizations, as already advised, will take the lead in seeing that Health Committees are organized for the purpose of co-operating in this movement to secure better health for our people. It is hoped that these Committees, when organized, will endeavor to get the Health Officers of states, cities, and counties to co-operate with them to make the Health Week observance effective, and also that meetings will be held from time to time during the week where health topics will be discussed.

The officers of various organizations are urgently requested to take the leadership in this movement. Any further information, if desired, will be furnished by:

(Signed)

BOOKER T. WASHINGTON,
President,

National Negro Business League,
Tuskegee Institute, Ala., March 1, 1915.

James A. B. Callis; second assistant secretary, William Anderson, and treasurer, H. T. Pratt.

The new association is open to all. It will hold a large annual meeting and conference in February of each year.

PROBLEMS OF THE COLORED RACE.

Within the week a most remarkable health conference took place at the church at Ninth and French streets. The colored residents of the city were astir and full of enthusiasm. Audiences numbering seven and eight hundred crowded the church listening attentively to speeches and addresses by prominent people, many of them colored.

The keynote to the most vital problem confronting the colored race was struck by Dr. Albert Robin, of this city, in a stirring address he made on Wednesday night. The doctor pointed out that the question of health is not so much an individual as a racial problem. The death rate among the colored is twice as high as it is among the white population while the birth rate is growing lower owing to certain diseases affecting the women. Tuberculosis, pneumonia, the so-called "black plague" and alcoholism are making terrific inroads into the colored population, threatening extinction. The control of these diseases therefore, is a problem affecting the very existence of the colored race.

COLORED PEOPLE ORGANIZE

Public Health Association Formed at Osler Hall Meeting.

A large meeting of the colored people of Baltimore was held at Osler Hall yesterday afternoon to organize a society to safeguard the health of the colored race. The new organization will be known as the Maryland Colored Public Health Association.

On the recommendation of the organization committee, the following officers were elected and installed: President, Mason A. Hawkins; first vice president, Bishop John Hurst; second vice president, Rev. Charles Evers; third vice president, Ida Hilton; fourth vice president, Mrs. Sarah Fernandis; secretary, Annie E. Smith; first assistant secretary,



Dr. A. WILBERFORCE WILLIAMS TALKS ON

Preventive Measures First Aid Remedies Hygienics and Sanitation

NO CASES ARE DIAGNOSED AND NO PRESCRIPTIONS GIVEN IN THESE WEEKLY ARTICLES

whiskey, a good crap game, my women, and let me run around on the Pullman cars so I can see some of the country, and I don't care what becomes of me or of the race. What I want is to have my "good time."

Those who desire further information on this indictment of the Negro by "The Southern Medical Fraternity," read volume 7, No. 6, of the Southern Medical Journal, published in Mobile, Ala.

The Views of the Editor of This Department on Why Tuberculosis Is So Prevalent Among the Colored People of This Country.

Last October before the Mississippi Valley Tuberculosis Conference, which met in the Planters Hotel in St. Louis, Mo., we had the honor of expressing our views on tuberculosis and the Negro before the organization section of the National Association for the Study and Prevention of Tuberculosis Throughout the Nation. Through the solicitation of the editor of the Journal of Outdoor Life the address delivered before said congress appeared in the February issue of the Journal of Outdoor Life, and for the benefit of those who may desire to know our views on said matter we beg leave to herewith submit the article for your consideration. After reading it and carefully considering it, if you approve of the position therein taken we shall be glad to hear from you; or if you disapprove of it, or should you have any additional information along this line, we shall be glad to hear from you and will give your views ample space in these columns.

Tuberculosis and the Negro.

In the United States there are about 10,000,000 persons of African descent, who have the same habit of thought, and the same motives for action as other Americans. These 10,000,000 of people have

been, to a large extent, at times, "over-cuddled" and at other times, sadly neglected; and the tendency of late has been to leave them entirely out of consideration in all organized, constructive community, state or national social uplift. But very little has been written or published on this subject of a constructive and helpful nature in its relation to the Negro. Very little has been said or done in national conventions or local conferences thus far, except to herald to the world "that the Negro is very susceptible to tuberculosis; that the death rate from tuberculosis among them is higher than that of other people; and that he is in fact a tuberculous race, having more than the race's share of the scourge."

That tuberculosis is found to a great extent in a certain class of Negroes is true—but, it is also true that if the same conditions under which these Negroes are forced to live, viz.: ignorance, poverty, bad housing, bad sanitation, bad working conditions, low wages, long hours, high rents, poor food and alcoholism—or if the environments or disadvantages of any other race or group of units were the same, then they would be just as susceptible to tuberculosis as the Negro. The environment of the Negro in relation to the diseases which affect him, and especially tuberculosis, to which he is susceptible, offers an inviting field for investigation, and affords a splendid opportunity for earnest workers of all sincere social workers.

A great many superficial thinkers, people not in possession of real facts, are inclined to believe that tuberculosis is interwoven with the very nature of the people of African descent. The medical records, or medical experience do not show this to be the case in the limited dealings with the Negro. As a rule, those who have written or published anything concerning the diseases in relation to the Negro have not flavored their productions with the ear-marks of earnest, sympathetic study, nor with a desire to get at the real facts and present them without any coloring, either for or against the Negro.

It has been my experience, extending over a period of twenty years in the active practice of medicine, in a large center of Negro population, and where I have treated as many whites as blacks, that where the working conditions, housing conditions and general environmental conditions are the same, and there is the same relative degree of intelligence, the health standards compare most favorably.

Tuberculosis was unheard of and unknown on the Western Coast of Africa until the Caucasian brought the germs to that continent, and gave the natives the "White Plague" and the habit of alcoholism. Then, too, the Negro is paying the penalty of civilization just as other uncivilized people have paid. By reason of continued contact with tuberculosis, he will learn to live with it, he will learn how to prevent and how to control that disease just as other older races have done. When he becomes possessed of a more perfect racial group consciousness, with a more complete social organization, his susceptibility will compare favorably with others.

The Hebrew race has paid dearly for its urban immunity against tuberculosis as have also, to a large extent, the inhabitants of our New England states and other early settlers in this country. The Negro is likewise paying the penalty by reason of conditions under which he lives, a larger knowledge and intelligence as to how to prevent and control this disease, he will become more familiar with its nature and cause, and will also gradually become more immune.

I contend that any method or plan or organization that has for its purpose the combating of the common foe, tuberculosis, which leaves out, or does not take into consideration, all the racial units of a given community, is not a complete or perfect plan of organization. It needs to broaden its democracy, so as to take into consideration all the component parts, or to bring into one strong band of social workers all of the racial units in order to have a perfect aggregate.

The Negro recognizes the fact that the Caucasian has had the advantages of civilization over him; that the Caucasian conditions, low wages, long hours, high rents, poor food and alcoholism—or if the environments or disadvantages of any other race or group of units were the same, then they would be just as susceptible to tuberculosis as the Negro. The environment of the Negro in relation to the diseases which affect him, and especially tuberculosis, to which he is susceptible, offers an inviting field for investigation, and affords a splendid opportunity for earnest workers of all sincere social workers.

The Negro is anxious to have the number of consumptives greatly reduced; he is anxious, very anxious, to reduce his high death rate. The Negro is not wholly responsible for the conditions under which he is forced to work and live. Therefore, the white and the Negro should meet in council, and there help determine the ways and means of rendering the best service to the community as a whole. Any law that is good for the white man is good for the black man; anything that does not strike heavily on the black man will strike equally the ranks of the white man. Hence, the activities of white and black workers should be co-operative; there should be an absence of all vilification, because our cause is a common one for humanity.

Health Of The Negro. Lorington News Paper Read Before The City Federation of Women's Clubs, by Dr. Britton.

Honorable Chairman, Members of this Organization, Ladies and Gentlemen:

My name having been placed on the program for a paper to be read at the January meeting of the City Federation of Colored Women's Clubs, it befell my lot to select a subject for my paper. In the last issue of the "Tuskegee Student," the following alarming truths appear:

"At the last session of the Tuskegee Negro Conference, some startling facts were brought out touching the health of the colored people of the United States. Among other things, the editor of the Negro Year Book showed:

1. That the death rate, per 1000 among negroes in 1913 was 24.
2. That by 1963, it can be reduced to 12 per 1000.
3. That in the South 450,000 negroes are seriously ill all the time.
4. That the annual cost of this illness is \$75,000,000.
5. That 112,000 negro workers in the south are sick all the time.
6. That their annual loss in earnings is \$45,000,000.
7. That 45 per cent of all deaths among negroes can be prevented.
8. That sickness and death cost the negroes of the South alone \$100,000,000 annually.

"These are significant facts. It is purposed, and a movement is now on foot, to set aside one day during 1915 for the consideration of ways and means by which these conditions can be changed for the better.

Physicians, clergymen, teachers, the newspapers and other leaders of thought will be asked to co-operate in the observance of the day so as to make it a success."

In view of the above facts, there is no subject of more vital importance than that of trying to solve the problem set before us. As a physician, I feel it my duty to aid in the work of public education as to the cause and prevention of disease.

Only by enlightening the masses on health topics is there any hope of reducing the mortality of the race. I shall talk to you this evening, then, on the subject of sanitation and hygiene. Sanitation is the establishment of conditions pertaining to health, and hygiene is that part of medical science which treats of preservation of health. When all the organs and tissues of the body are performing their proper functions, a person is in health, and any departure from the normal is disease. A normal person is preserved in health by the proper observance of Nature's laws, the penalty of transgression of her laws is disease. The idea that nature's laws can be abused at will and the doctor, when called, has only to write a prescription to adjust the error, is quite prevalent.

It is my privilege to tell you that drugs do not cure. The healing power operates from within, and the most that can be done toward restoring the functions of the vital organs or tissues, which have become diseased, is to co-operate with the healing process by the employment of natural physiologic agencies. There are certain natural agents, the proper employment of which will preserve health, and if a person becomes diseased by neglecting to use these health-promoting agents, the most efficient way to recover and to regain health is to begin at once to do that which has been neglected. The most potent remedies must be those which are the most essential to the maintenance of life and health, viz.: Pure air and pure water internally and externally and eternally, pure food, hygienic clothing, sunlight within and without and exercise or rest as indicated.

There was a time when a person suffering with pneumonia was not allowed a breath of air, not even from crevices around the doors and windows. The latest pneumonia treatment is the open air treatment, and a tubercular patient is directed to live out of doors.

Much that pertains to medicine has been theory in times past, but today the place of theory is being filled by facts, as a result of patient and painstaking work in the different scientific laboratories. Medicine is a progressive science, and until all nature's secrets are learned and perfection attained, it will continue to be a progressive science. On this account it is imperative for the physician to constantly study so as to keep in touch with the most advanced thoughts on medical lines, and the most improved methods of treating diseases. The science of medicine advances in proportion as we learn nature's secrets, and in order to get hold of these secrets we must get in touch with nature's God who holds them. A knowledge of God is the foundation of all true science, and all who are working for the upbuilding of their fellow men must be seeking this knowledge. Transformation of character, purity of life, efficiency in service and adherence to right principles, all depend upon a right knowledge of God and the purposes of our being.

The statistics gotten out by Prof. Work of Tuskegee refer to negroes alone, but the official report of Prof. Irving Fisher of Yale University on "National Health" showed that more

than a half-million lives are lost in this country every year, most of them from preventable causes; while there are always at any given time about three million people sick for longer or shorter periods, most of them from diseases that science has proved to be avoidable. In the discussion of the causes for this national depravity, impure food, tobacco and alcohol are assigned as potent factors in undermining the health of the people. Dr. Harvey W. Wiley, pure food specialist, who resigned the position of chief chemist in the Department of Agriculture at Washington, D. C., says that indiscriminate sale and consumption of drugs every day does as much to undermine the health as bad food. He states impressively and repeatedly that the person who uses tobacco and alcohol in any form limits the years of his life and greatly impairs his opportunity for usefulness.

The social glass indulged in by the society folk, together with other fashionable customs, are at war with nature, bringing upon their votaries disease, crime, wretchedness and finally death. The vices of mankind result largely from the infringement of physical laws, and it is the physiological conditions and habits of life that cause nine-tenths of human depravity. Most chronic maladies are due to germ poisons, and the door of access to the system is through lowered vital resistance of the body. Therefore, whatever interferes with the normal functions of the body is harmful, and opens the portals for disease. You may depend upon it that germs, different from human beings, are no respectors of persons. Whether upon white or black, rich or poor, high or low, where conditions are favorable for the invasion and growth of germs, they take possession and hold undisputed sway. Health reformers assert that alcohol and tobacco are killing off the human family on the installment plan by hardening the arteries, raising the blood pressure, and bringing on numberless digestive disturbances, which many times the family physician attributes to other causes.

The condition of a large number of patients who seek medical advice has been brought on through a wrong course of living, and the physician who is not himself an example of right living, is incapable of giving effective advice to his patient. The physician who has the moral courage and force of character to overcome hurtful habits in his own life can, when he speaks, carry

conviction to the heart of his patient, and cause him to forsake the error of his way. The safeguard for preserving health lies in co-operation of both sexes for raising a higher standard of morals and proficiency, and the recognition of the equal standard of morals for both sexes as instituted by God. Every individual is morally obligated to acquire a knowledge of the principles of life, and by obeying them and teaching obedience to them, become a co-worker with Christ in restoring health to both body and mind. Character building is the product of the mind, and its successful growth depends upon the condition of the body. A diseased body causes the mind to become diseased likewise. "A sound mind in a sound body is proverbial."

Soil and climate, schools and their influence on health, occupation, lighting, heating, streets and buildings, water, and water supplies, sewers, plumbing, disposal of garbage and human excreta, disposal of the dead, bacteria and disease, infectious diseases, disinfection and restriction of communicable diseases, all come under the subject of hygiene for discussion, but I shall not take up more of your valuable time.

The main features to be learned in the presentation of this paper is that Nature has instituted certain laws to be regarded for the maintenance of health and prevention of disease, chief among which are copious water drinking, eating wholesome food at regular intervals and chewing it thoroughly, never over-eat, observing the laws of cleanliness in the use of water externally, as well as internally, care in the selection of the materials, and make of our clothing, keeping pure air circulating in our living apartments and breathing it deep and full, frequently exposing ourselves and our rooms to sunlight, the great germ-destroyer, and the employment of rest or exercise according to the demands of the body.

Although these are not the requisites to the maintenance of life, yet they are prerequisites for life. Therefore, by living in accordance with Nature's requirements, our lives will be prolonged as God intended that they should be, and though years may be ours, yet we shall be accounted young, and shall be enjoying life and happiness in our God-given spheres. Sickness was not the purpose of God, for he made man perfect and pro-

vided a dietary, which, if observed, would continue to preserve the human family in a state of perfect health. Adam and Eve, the first of the human family, disregarded nature's laws and thereby became subject to disease and death, and the result of their disobedience was imparted to their progeny; the human family is, therefore, mortal.

Obedience is a matter of choice, and we have recorded in the word God that Jesus, the son of God, was a perfect example of what God designed all humanity to be, through obedience to Him. Jesus came in contact with all manner of diseases, and yet he did not fall a victim to any of them. By his obedience, he set the example of what man can and should be. A disregard of nature's laws, largely through a perverted appetite, brought sickness in the world, therefore, health can be restored and maintained only by returning to first principles and regarding the "Thou shalt and thou shalt not" commanded of God in the Garden of Eden.

I thank you for your attention.

MARY E. BRITTON, M. D.

(Read before the City Federation of Colored Women's Clubs, January 17, 1905, at Main Street Baptist Church, Lexington, Ky.)

The report of the City Health Officer W. F. Brunner to the mayor, which was made public this week, must surely have contained some shocking statistics relative to the Negro death rate of the city. The report shows that during the year just past there were 1074 Negro deaths, while the whites succumbed to the number of 449. The number of deaths among the whites was somewhat less than during 1913, but those among the Negroes were nearly fifty more than in the previous year. This high death rate among our people should be a matter of much moment to every thoughtful Negro in the city. It is indeed too high and an effort to reduce it to at least half its present standing should be attempted by our people in general. While it is true that many deaths were no doubt caused by the unsanitary environments in which many of our people live, yet no small number of the 1074 deaths among us was the result of the careless or ignorant treatment of many of our people who were taken sick and died, not from the lack of treatment but because of quackish, harmful treatment which they received. When an adequate knowledge of the

extent of the work of the "quacks" in and around Savannah is had, the wonder is that the death rate among us is not higher. The city authorities are eager to put an end to the deadly work of the "quacks" but unless they are informed of the operations of these "hoodoo workers" it will be impossible to root out this evil among us. It has been estimated by one of our reputable physicians that at least a hundred deaths among our people are attributable directly to these quacks who live and thrive on the sale of their worthless but deadly wares. A concerted movement should be made by every Negro who realizes the damage these quacks are doing, to run them out of town and thereby deny the graveyards of at least a hundred bodies which yearly are interred there because of the practices of these hoodoos. Putting a stop to these quacks will undoubtedly go a long way toward lowering the death rate, but aside from this there should be, as the health officer recommends, a building law which would go a long way toward helping to decrease the high death rate among our people and it would be of benefit of the city at large were such a law passed making it punishable by law for a person to rent out for human habitation a place which even the lower animals would find detrimental to their lives to live in. We could also lower this awful high death rate among us by having our ministers and other public men impress upon our people the necessity of clean bodies and wholesome habits. There is truly a need of concerted action on our part to safeguard the health of our people and to lower the shockingly high death rate which the health officer has so vividly brought out in his report.

CO-OPERATION SOUGHT BY SANITARY DEPARTMENT

advised 4-9-15
The Sanitary and Health Department of the city, yesterday distributed to the householders of the city card notification of the existence of an ordinance relative to the removal of garbage cans from in front of all premises as soon as the garbage collectors empty these vessels. There is a fine provided for violation of this ordinance.

The housekeepers of Montgomery are merely requested to co-operate with the Sanitary and Health Department in its endeavor to make and keep Montgomery clean. During this period of the year these notices are usually sent out merely as reminders of what is desired and hoped for in the way of co-operation by the people.



DR. A. WILBERFORCE WILLIAMS TALKS ON

Preventive Measures First Aid Remedies Hygienics and Sanitation

NO CASES ARE DIAGNOSED AND NO
PRESCRIPTIONS GIVEN IN THESE
WEEKLY ARTICLES

se a couch hammock, a rocking chair
will not do."

Outdoor Living Room.

"You should be protected from the
wind and public curiosity. Make your
orch into an outdoor living room. Put
p at the end of the porch and partly
cross the front above the railing, cur-
tains of awning canvas or other suitable
material (a wide store awning, on iron
races, which can be raised and low-
ed at will, is a fine thing to keep out
in and the glare, but if your means are
nited you can get along without it)."
Dr. Cummings advises a south or west-
n exposure in winter or a northern or
stern exposure in summer. On the
porch should be a bed or a reclining chair
or a couch hammock. The porch is to be
your outdoor living room. Do not screen
off too much space, for the object is fresh
air; but you should be protected, snug
and private. He advises that you do none
of the work of fixing up the porch, but
rest while it is being fixed.

Sitting Out in a Chair.

To sit out in cold weather is no hard-
ship if you go about it in a sensible
way.

First lay over the chair a comfort or a
heavy rug, or a bed pad, or sheep skins,
or a fur robe. In winter you must have
warm stuff under you as well as over you.
This is fastened in place at top of chair
with safety pins. Then take several pairs
of warm double blankets; lay them
lengthwise from the top of the chair to
the floor. Fasten at the top of chair with
safety pins. Double blankets when ex-
tended are 10 or 12 feet long, thus being
sufficient to cover the chair and leave
half the length on the floor to draw up
over you when needed. After seating
yourself draw up the free ends of blank-
ets to your arm pits and tuck the sides
in under the feet and legs. Have a hot
water bottle if needed, wrapped in cloth
inside of the blankets at your feet. A
light pillow may be fixed in place with
pins or tapes at top of the chair. You
should have additional cover handy to
use if you get cold. Of course, you need
an attendant to help you, especially if you
are having active symptoms and fever.

Dr. Cummings says emphatically "do
not sit in the sun. In very cold weather
a brief sunbath may be enjoyable and
beneficial if the head be protected; but as
a rule it is not good to lie or sit in strong
sunshine, it may raise the temperature
and do other injury." Dr. Cummings is
in West Virginia, where possibly the sun
is very hot, is the reason he gives the ad-

vice to his patients; but, we have found
that plenty of sunshine is very beneficial
to tuberculosis patients. Therefore, our
advice is that you get all the light and
sunshine that you possibly can, even
though you become much tanned. We
agree with Dr. Cummings to be out of
doors, but well protected from the wind
and weather. Dr. Cummings advises to
wear warm loose clothing, a sweater, an
overcoat or fur coat, a hood, or a loose
fur cap, loose shoes. Never allow your-
self to be chilly or uncomfortable. In-
stead of double blankets you may use
horse blankets, which are long and wide
as well as cheaper. Steamer rugs, plush
robes and fur robes also may be used.
If your temperature runs as high as 100
do not dress in your day clothes, but rest
in bed in your sleeping clothes; don't sit
up in bed. We advise that whenever
the fever is above 99.6 the patient should
not exercise and should rest in bed or on
a couch hammock. We advise in this
department, that every patient should se-
cure a fever thermometer—learn to read
and interpret the marking on it and learn
how to take his temperature from time
to time so as to intelligently co-operate
with the doctor and nurse in the treat-
ment of his disease.

A CATECHISM ON TUBERCULOSIS

Published by the Anti-Tuberculosis As-
sociation, Atlanta, Ga.

Question: What is the most danger-
ous and fatal disease we know?

Answer: Consumption or tubercu-
losis.

Q: What is consumption?
A: Consumption is a disease of the
lungs that is communicated from one
person to another.

Q: Can a person have consumption
elsewhere than in the lungs?

A: Yes, but pulmonary or lung con-
sumption is the most common form of
the disease.

Q: Is consumption very dangerous?
A: Yes. It kills more people in
the United States every year than any
other disease except pneumonia.

Q: Is it very fatal in Georgia?

A: Yes... The Raoul Foundation says
there are 27,000 cases of consumption
in the state to-day.

Q: How many people die of consump-
tion in Georgia every year?

A: At least 5,300.

Q: What causes this disease which
kills so many of our people?

A: A germ called the tu-ber-cle ba-
cillus.

Q: What is this germ, or tubercle
bacillus?

A: It is a very small plant, which
cannot be seen with the naked eye.

Q: Do these germs grow very rapid-
ly?

A: Yes, they multiply by millions in

a short space of time.

Q: Where do these germs grow?

A: Chiefly in the lungs.

Q: How do the germs get into the
lungs?

A: They get into the lungs through
the nose and mouth.

Q: How do they get into the nose?

A: They get into the nose chiefly
with the dust we breathe.

Q: How do they get into the dust?

A: Because some people who have
consumption spit on the ground or in
other place where the spit can dry.

Q: Is this wrong?

A: Yes, it is contrary to law and
is wrong for a person to give to any
person a disease he has contracted.

Q: How do the germs get into the
mouth?

A: By kissing persons who have con-
sumption, by using a glass they have
used, or putting anything into the
mouth that is soiled with a consump-
tive's spit.

Q: Does every person who gets the
germ into his lungs have consumption?

A: No. If a person is strong and
healthy he may not have consumption,
even if the germ gets into his lungs.

Q: How is the tubercle bacillus like
a seed?

A: It will not grow except in a
suitable soil.

Q: What makes the lungs a suitable
soil for the germs?

A: Anything that weakens them or
weakens the body.

Q: What then is the best way to
prevent consumption?

A: To keep the body strong and
healthy.

Q: When these germs of consumption
get into the lungs what do they do?

A: They grow and produce a poison
which weakens the one who has the
disease.

Q: What else do they do?

A: They cause the lungs of the per-
son to harden then they destroy them.

Q: When a person has consumption
and is not treated for it, how long
will he live?

A: He will generally die in three
years and may die much sooner.

Q: Can a person tell when he has
consumption?

A: Not always, but generally there
are signs of the disease.

Q: These signs are called symptoms.
What is the first of them?

A: A person who has consumption
at first has a cold which does not get

well like other colds.

Q: Do you mean that every person
who has a cold will have consumption?

No, indeed. Not one cold in every
hundred develops into consumption.

Q: What other symptoms may a person
have?

A: He will have a cough, which lasts
a long time.

Q: What is another symptom of the
disease?

A: Loss of weight.

Q: Does this always happen in case
a person has consumption?

A: Yes, in almost every case.

Q: Can one be certain he has con-
sumption when he has a cold that lasts
a long time, a cough and is losing
weight?

A: No; but he should go to see a
doctor and be examined.

Q: Can the doctor be positive the
person has consumption?

A: In most cases he can. If he is
in doubt, he can have an examination
of the spit made in the State Labora-
tory.

Q: What is the State Laboratory?

A: A place in State Capitols where
trained men study disease germs.

A CLEANER AND HEALTHIER CITY

Clean Up Week Was Highly

Beneficial and Successful

The Journal and Guide
MAKE CONDITIONS LASTING

Chamber of Commerce and Citi-
zens Will Co-Operate In Im-
portant Movement.

"CleanUp" days were observed
in Norfolk last week with the
most satisfactory results. Every
lane and alley, every vacant lot,
every back yard and outhouse
was to some extent made clean
and sanitary. As a result, the

citizens of Norfolk, white and the distribution of the improve- colored, have anticipated the an-ments desired.

nual approach of the much dreaded Malarial mosquito and the pestiferous house fly and have laid out a general scheme for the decimation of their ranks. Many places where flies and mosquitoes were likely to breed are no more, and there will be fewer of these dangerous menaces to health and less sickness. Besides the city looks more beautiful in many spots.

Will Make Present Conditions Permanent.

A movement is under way, directed by the Civic Committee of the Chamber of Commerce, Dr. Southgate Leigh, chairman, for making permanent the work of the cleanup week. This committee, backed by the Chamber of Commerce, proposes to secure the early adoption of an ordinance which will make the city clean and sanitary at all times. The proposed ordinance will regulate the daily cleaning of the streets, and under its provisions it will become a misdemeanor for any resident to throw waste paper or other debris in the street, to leave garbage unprotected or to sweep trash and dirt out of a yard into the street. Superintendent Russell of the Street Cleaning Department has promised to keep every section of the city in a clean and sanitary condition provided the citizens will co-operate with him in the enforcement of the proposed ordinance.

Relief for Colored Sections.

The colored sections of the city, especially Monroe Ward, have long been neglected in the matter of municipal sanitary protection. In this movement there is much promise and every indication that with the right sort of co-operation on the part of colored citizens their sections will get relief, and as rapidly as practicable every needed improvement. The strongest organization in Norfolk, the Chamber of Commerce, is behind the movement, and the aim is to give the colored sections, as well as the white sections, exact justice in

Conference With Colored Citizens.

With the object of enlisting the active cooperation of the colored citizens of Norfolk is the health and civic beautification propaganda, a conference was held in the Chamber of Commerce rooms Wednesday night between Dr. Southgate Leigh, and Mr. Arthur Morris of the Chamber of Commerce Civic Committee, Prof. Francis M. Bacon, administrative chairman of

the Social Service Bureau, Mr. Herbert G. Cochran, chairman of the Sanitation Committee of the Social Service Bureau, and the following colored citizens: Dr. G. Jarvis Bowens, Dr. A. L. D. G. Jacox, Mr. John G. Selden and Mr. P. B. Young. At this conference there was an open and frank discussion of sanitary conditions in the colored sections of the city, and Dr. Southgate Leigh assured the colored men that he and those co-operating with him in the movement were earnestly desirous of doing what is possible to give relief.

Co-operation Necessary.

The success of the movement will mean a great deal to the colored people of Norfolk, but such an outcome depends entirely upon their unselfish co-operation with the movement. Necessary pressure will be brought to bear upon the city authorities to make needed improvements in the streets but there are some things that the people will have to do for themselves in the way of sanitary improvements and civic cleanliness that are not within the province of the municipality.

Will Hold Mass Meetings.

Mass meetings in the interest of this civic movement will be held at the various churches of the city under the auspices of the Colored Social Service Committee, which is working in conjunction with the Social Service Bureau in this and other matters pertaining to the interests of the colored people of this city. These meetings will be a part of the propaganda for the promotion of

civic cleanliness and better health and will be addressed by Dr. Southgate Leigh, Prof. Bacon and others.

The first of this series of mass meetings will be held Monday night, April 19th, at First Calvary Baptist Church, Rev. P. J. Wallace, D. D., pastor. The public is invited to attend and hear the addresses by Dr. Leigh, Prof. Bacon, Dr. Paey, Dr. Wallace and others. The Choir of First Calvary will furnish music under the direction of Madame Mandonia Wright.

MOVEMENTS FOR BETTER HOUSING.

There are several movements on foot in Norfolk to make possible better housing conditions for the colored people that should command the sympathy and assistance of all good people, without regard to race, who understand how much the welfare of people, their health and comfort and morals, depends upon the houses they live in and the condition of the streets and alleys upon which the houses are built. In all of the large cities of the Nation improvement of the home conditions of the people, of all of the people, is engaging the attention of public spirited citizens as well as municipalities, in the effort to cope with the diseases that undermine the health and efficiency of the child and adult population alike, and to that extent weaken the efficiency and health of the whole people, those who live in bad as well as those who live in good houses and surroundings.

Everywhere in New York, Philadelphia and Washington, as well as in Norfolk, the white public and the municipal authorities have left the colored people too severely alone, to live in such housings and surroundings as they could obtain, for their good or the good of the community. What they have withheld as a matter of public spirit and brotherly interest, as well as municipal obligation, they have had to make good in expenditures on Charity account and

maintenance of police, because bad housings and surroundings not only breed diseases of all sorts that must have medical treatment and lead straight to the graveyard, but they breed crimes also that require constant police oversight and lead ultimately to the poor house or the police courts; and, in every instance, at public expense greater than would have been required by wise sanitary street and sewer regulations and enforcement.

Dr. Washington did a very great deal in his long life of useful effort to encourage the colored people to get homes of their own and to improve their surroundings, as matters of self-interest and pride, and to awaken among the thinking white people of the South a reasonable interest in seeing to it that they do what they could to help the colored people to do so. It is for us, the living, to continue in the way he blazed for us, and to encourage the sympathy and helpful co-operation of our white friends in the work.

The article on "Titus Town—the Model Negro Community," by Mr. E. R. McCauley, in the October number of the Lutheran Survey, published at Columbia, S. C., is worthy of being read by all those interested in the question of Negro Community Building. We all know, more or less, about Titus Town, between Norfolk and Sewell's Point. It was established in 1901 by Mr. Augustus Stroud, not as a business proposition but as a philanthropy, because he was interested in some colored people living thereabouts who were threatened with dispossession by those who were buying up the adjacent lands for speculative purposes. Mr. Stroud is a white gentleman, a lawyer, and has a fine residence near Titus Town.

There are now a thousand residents in Titus Town. They all own or are buying their homes. Some of the homes shown in the Survey are very attractive, as well as the \$15,000 church. The streets are long and straight, and each house has a vacant lot next to it, which may not be built upon but can

be used for open space, for outdoor games, and the like. There are forty new homes built on the five-room, single story plan, which may be purchased with weekly payments of fifty cents to \$5 but some are more pretentious. Neatness and primness inside and outside the cottages is the order generally observed. Most of the houses were built by Hampton students. They do not need any police force, but the County School Board has provided them with a fine school house at a cost of \$8,000, with a school term of seven months each year, which the people are thinking of extending to nine months by voluntary taxation of themselves, a good and wise thing for them to do. Those who help themselves find plenty to help them.

Mr. Stroud deserves great consideration for establishing the town. Mr. J. Frank East, the head of the Titus Town Corporation, employs some 500 colored people at various manufacturing plants with which he is connected, and has said that if Titus Town proves successful he will open similar developments in other places to provide sanitary housing for industrious colored people. We think that when a Southern white man can be so far aroused to the need of such a thing, as a matter of sentiment or of speculation, he should be encouraged by us.

The Journal and Guide emphasizes the fact here, that the white people do not want for nor expect colored people to build nice homes and make fine improvements for them; they go ahead and do so for themselves, for their own comfort and pleasure. Colored people should go ahead and do likewise for themselves. If they do not so it will not be done for them. It is a personal matter with each one, and we should not expect of others to do for us what we should do for ourselves.



Health Hints

By Dr. Lloyd E. Bailer

A weekly discussion of Hygiene and Sanitation, First Aid Measures and Preventive Medicine. Questions will be answered but no diagnoses nor prescriptions will be given in this column.

The Kansas City Sun ON ALCOHOL.

We shall not attempt in this article to decide whether the sale of alcohol taken in larger quantities, and thus beverages should be prohibited. However much we may be concerned in the social aspects of the alcohol problem, we shall maintain a strict neutrality in order that we may present an unbiased scientific discussion.

Persons in everyday life, exposed to fatigue, worry and disappointment, frequently feel an inclination to "take something" to cheer them up and to incite them to further exertions; thus they take stimulants such as alcohol, tea, coffee, tobacco, etc. These stimulants may be compared to a whip that urges on the horse. Sane reflection would teach us that rest would be the best stimulant for the tired horse, but such a procedure is often neither the easiest nor the most convenient way. Hence, the whip is used, and likewise, the aforesaid stimulants. So we shall concern ourselves with things as they are, and consider the physiological effects of small and large quantities of alcohol upon the human system.

We do not deny the fact that there are many persons who can not drink even the smallest quantity of alcohol without unpleasant results; but the probabilities are that such persons do not possess normal health. The truth is, as shown by the best physiologists, such as Atwater and Benedict, that alcohol may be regarded, but in small doses only, as a nutritious food element. It is, likewise in small doses, unquestionably an excellent stimulant for the nervous and circulatory systems.

The most beneficial form of alcohol is a light wine, and as a medical stimulant, the older vintages of French wines are best. Beer is more nourishing than wine, but has a more sluggish effect upon the system. It may also, to some extent, assist digestion, owing to its bitter properties.

Tuberculosis occurs with great frequency among alcoholics and pneumonia is often fatal in such persons. They are unable to withstand the high fever and can not combat the infection because the heart soon fails; also, as a general rule, in all cases of infectious diseases their chances are much worse than are those of other people.

Recent discoveries have shown that certain glands of the body, called the ductless glands, play an important part in heredity. These glands degenerate in persons who take alcohol excessively. Hence, the descendants of alcoholics are heavily handicapped, and are especially liable to nervous diseases, such as idiocy, epilepsy, etc.

From the foregoing facts it is clear that large quantities of alcohol are most injurious, but there is no scientific evidence to prove with exactitude that small doses are harmful.

The Health Conditions Of Southern Negroes

A DEFENSE OF THE NEGRO IN DOMESTIC SERVICE.

Reply to an Address by One Dr. White of Dallas, Texas, Delivered At the Recent Health Conference Held in that City.—Writer Takes Issue With Him and Questions Some of His Statements.

Just a brief statement of a fact in vindication of our Negro servants, women especially. In the Health Conference held in Dallas, Texas, recently, Dr. White, of that city, spoke on the health of the Negro race.

In his remarks he said the Negroes of the South suffered most from all diseases and that uncleanly Negro servants spread infections among many innocent white children. Of course, this last statement refers to our women and girls who nurse for white folks. The Doctor may be in a position to know whereof he speaks, but it seems very strange that doctors are beginning to charge Negro servants up with white folks' diseases. I think the warranty of the first statement is questionable.

The Negro is really the healthiest race in the South. His opportunities for the preservation of health are in many respects very poor. He is denied an equal show for the protection of his health. He is exposed to conditions that would in a century increase abnormally the death rate of any other race that lives. In the cities he is pushed out and away from the healthful sections and is forced to sell or give

away his property that is located in any of the healthful parts of the city.

When he is placed in prison for any offense mild or grave, he gets the worst of it. It is none the less true in labor employment of every kind; yet he is strong and healthy.

When it comes to cleanliness of our women, I see them today in the light of cleanliness as never before.

In the factories, mill quarters and other public places where they are employed I see them rivaling the most fastidious of the city. They wear their clean linens, their beautiful skirts white caps and bonnets. They know how to keep themselves tidy. I know there is an exception to the rule.

Now, if they go filthy in the employment of white families it's a grave exception to the rule and seems almost incredible.

I hope that the time will come when the Negro will be charged up with his own sins and uncleanness and not be responsible for other peoples'. Yes, we have enough of our own sins to bear without other folks heaping theirs upon us.

The idea that Negro servants give innocent white children disease!

I have been thinking what kind of a creature the Negro is: he is somewhat like Christ, I suppose. He bears his own sins and the sins of all others. He does all the stealing, all the bank robberies, railroad train hold-ups, all the murders and immoral deeds; everything bad the Negro did it. He forges all the notes, too, and now he gives innocent white children disease. What next?

Give the Negro half a show in God's free world and on God's free earth, and don't pile your sins upon him. Be it ever remembered that our women are not disease carriers as has been intimated. They are clean and pretty and growing better.

Stop judging us all the time by the refuse and dregs; meet us in higher circles and see our better selves and be better prepared to judge from whence comes the innocent white children's disease.

Let all judges of Negroes get the trash wiped out of their eyes and be better prepared to judge us.

W. WILLIS.

WILL ASK AID OF CONGRESS

Southern Tuberculosis Congress Decides To Ask Congress To

Aid In Fight Against Disease

Columbia, S. C., October 12.—"The Tuberculosis Negro" was discussed before a large audience of both races at Bethel A. M. E. Church last Friday night. The meeting was held under the auspices of the Southern Tuberculosis Congress, which held its sessions at a leading hotel. The meeting at the church was arranged for the colored people, as the leading spirits in the Congress only wanted the cooperation of the race as far as tuberculosis affected the interests of the Southern white man and the Negro.

Different speakers made strange presentations of the various aspects of consumption among colored people. Dr. Thos. Frazier of Asheville, S. C., pointed out that though the death rate from tuberculosis is high among colored people, it is still higher among Indians. He asserted that the disease was not so prevalent among slaves because they usually led an out-door life. The big death rate among Italian immigrants and the decreasing one among Jews from this disease were also discussed.

Joseph Morse, of the faculty of the University of South Carolina, pointed out that the economic aspect of the disease was a potent factor in discussing its lessening. With industrial development, he asserted, would come higher wages and better living conditions.

A. T. Stroud explained in detail how he had single-handed produced better living conditions for the colored residents of Titusville, a colored suburb of Norfolk, Va. Employers, he said, make an especial effort to hire residents of this suburb because of the model conditions under which they live.

Dr. F. S. Hargraves and Dr. William A. Harris, both colored, made strong talks on the necessity of providing sanitariums for tubercular Negroes and the necessity for the lessening of the death rate from the disease. At the closing session of the Congress Saturday, it was decided to petition the Congress of the United States for money to aid in campaign against tuberculosis.

WHAT BIRMINGHAM IS DOING TOWARD SAVING THE BABIES

Infant Welfare Association Has More Than Justified Its Existence by One Fact That It Has Saved So Many Babies From Blindness

By J. ROSS SNYDER

Chairman Executive Board Birmingham Infant Welfare Association

The Birmingham Infant Welfare association was organized at a mass meeting of representative citizens held in the auditorium of the Chamber of Commerce in September, 1933. The principal object of this organization, which is in reality a department of public health, is the reduction of infant mortality. Judge John H. Miller was elected president, and he is still the head of the organization.

It was not until July, 1914, that the association began anything like an active campaign against the causes which were known to be chiefly responsible for the appalling death rate among the babies of the poor. Some of these causes are improper feeding, impure milk, overcrowding and bad housing, irresponsible and indifferent parenthood, ignorance and neglect of simple hygiene and care of infants, and unskilled obstetric care.

The management of the association, after its organization delayed instituting activities against these adverse influences because of its desire to retain the services of a field nurse only after giving careful consideration to the qualifications of each applicant for the position; also because it wished to realize on all collectable subscriptions before determining the entire scope of the work to be undertaken. It has always been the fixed policy of the association to attempt nothing beyond the possibilities of its exchequer.

In the latter part of July, 1914, the association selected Miss House (Minnie) as its visiting nurse. For six months, and with the assistance of this one nurse, the association was able to conduct what it believes to have been the cheapest but the most remarkably telling and effective work ever accomplished in this or any other community. During this time suitable care and protection was given to 56 expectant mothers. Many of the latter were recently widowed or had been deserted by their husbands. These expectant mothers were taught to take care of themselves, were educated, drilled and prepared for intelligent motherhood. The obstetric services of the hospitals were advised, and in most cases the association furnished skilled obstetric services in the homes. There were 102 mothers given specific and detailed instructions in all matters relating to the care and feeding of their babies. Dissemination of this kind of knowledge does much to overcome the ignorance and the superstitious

birth reports, of receiving suggestions from the department, and to render the latter any assistance within the confines of her office. The entire cost of the work for the six months and as outlined above was only \$458.80.

The association feels that this showing would have been impossible except for the untiring and conscientious performance of duties by the visiting nurse, Miss House. Invaluable services were also rendered free of charge by the association's very efficient secretary, Mrs. Cora M. Sanford, who has labored unceasingly in the behalf of the little wards of the organization.

The association believes it has proven to the community that it is doing a work not duplicated by any other organization, that it is specializing in a work so peculiarly its own that it has been able to obtain the maximum of results at the minimum of expense, and that it is entitled to the confidence and the support of the community to the extent of being enabled to enlarge the scope of its work.

The association has heretofore been unable to establish milk depots for supplying to the poor clean, modified milk for their babies. Increasing interest among the citizens lends encouragement to the hope that this deficiency can somehow be overcome.

Dr. R. M. Cunningham, city health officer, who is intimately acquainted with the work of the association, has declared that for its brilliant accomplishment in fighting blindness alone, the association is entitled to demand sufficient financial support to guarantee permanency and growth of its work.

Already 11 women's clubs have joined the movement, and a large number of young women known as the guild of the Birmingham Infant Welfare association, composed of chapters scattered throughout different parts of the city have united in the common cause: that of saving the babies.

What can be done to reduce infant mortality is a question of vital interest to every one. How the present generation answers it will be of far-reaching importance, not only in the present but in the future.

PORTSMOUTH

Miss NANCY THOMAS, Agent
929 Nelson Street

The Royal Maestric Literary and Social Club met at the residence of Mrs. Catherine Vass 316 Pearl St., Monday evening, September 10, gave a brief review of Silas Marner. Quotations were from Daniel Webster. Current topics were discussed after which the following officers were installed. Mr. Julian Williams, Pres.; Miss Evelyn V. Taylor, first vice president; Miss Carrie Jones, second vice Pres.; Miss Mattie G. Taylor, Sec., Miss Lucy Jones, Asst., Sec.; Mrs. Catherine Vass, Treas.; Mr. John Scott, Journalist; Miss Marie Bolding, Musician; Miss Celestine L. Hill, Asst., Musician; Mr. Dennis Ashburn, Chaplain; Miss Effie Reid, Critic and Quizzer.

The entire cost of this campaign would have been justified if no other good had resulted, than what was accomplished in preventing blindness. Ophthalmia neonatorum is the one disease excepted by the association as coming properly within its province to combat. This infection of the eyes of the newly born baby acts so quickly and so disastrously to sight that it must be treated with utmost dispatch and energy. On account of its infectious nature, on account of the entailed separation of child from mother, and the consequent weaning, such cases are not suitable for the hospitals. Twelve cases of ophthalmia were discovered by the nurse, who, under the guidance of expert physicians, treated them all without the loss of a single eye. During the entire six months of the campaign the nurse was in daily attendance at the city health department for the purpose of overlooking

was held at 3:30 p. m., Thursday at under the management of Mrs. C. Emmanuel A. M. E. Church, the H. Moton. Friends and patrons Rev. M. E. Davis pastors officiated, are cordially invited to attend. The interment was made in Mt. Mrs. Dora Boykin, Pres.; Mrs. Olivet cemetery. The honorary Mary A. Campbell, Sec. pall bearers were as follows: Mr. and Mrs. W. E. Riddick, Misses Cartwright, Gay, Gilliam, 809 Godwin street, gave a delightful Card Party Friday night, March 19th, in honor of Miss Conealia Stanfield of Greenboro, N. C. Those present were: Mr. and Mrs. John Campbell, Mr. and Mrs. Chas. Holland, Miss Etta McGee, Mr. Willie Jones, Mrs. Cora Davis and Mr. Geo. Throughgood. Mr. Throughgood acted as Toast Master.

Mrs. Mamie Lassiter, living at 723 Effingham street, is ill.

Miss Annie Ballard who has been visiting her cousin, Mrs. Blanche Baker left for Roderco, N. C.

Two able sermons were preached Sunday at Metropolitan Baptist Church by Rev. Sensabough at 11 and Lomax at 8 p. m.

Other sick are as follows: Mr. Jessie Josey, J. W. Barnes, Wm. Morgan and Mrs. Johannah Dunn.

Mrs. Mary Dixon of Wall avenue, is improving.

Rev. and Mrs. Johnson 503 Central avenue, entertained Rev. J. E. Tynes of Newport News.

Rev. R. Woodard pastor of St. John's Baptist Church, is preaching a series of sermons on the "Seven Sayings on the Cross."

The funeral of Mrs. Josephine Scott, Marshall avenue was held Sunday at 1 o'clock at the First Baptist Church. Rev. Dawson officiated.

The President of the Y. M. C. A., Mr. J. S. Collins requests the attendance of each member Monday night at 8 o'clock.

The lecture delivered by Dr. C. S. Morris, Monday night at Ebenezer Baptist Church entitled "The Colored Hero" was largely attended.

The dutiful women of St. Paul's A. M. E. Church conducted by Mrs. A. V. Sears, "A Woman's Day" at three p. m. The following program was carried out: Singing 126, Scripture reading by Miss J. Martin, Singing, Paper, by Mrs.

tute building Sunday afternoon, March 28th, at 3:30 p. m. The various "Circles" are earnestly requested to send their representatives. An interesting program

The funeral of Miss Eva Davis will be rendered by the students

NEGRO ORGANIZATION SOCIETY

"Clean-Up Week" and "Tag Day" were well defined and strongly emphasized throughout all the churches and Sunday Schools in Portsmouth and vicinity last Sunday. "What to do during clean-up week" was carefully outlined. A special representative of the Negro Organization Society was assigned to each church to assist the regular minister in giving the necessary instructions. The assignments in part were as follows: Dr. Reid at Emmanuel A. M. E. Church, Dr. France at Ebenezer Baptist Church, Dr. Barco at Mount Herman, Dr. Ashburn at Metropolitan Baptist Church, Mr. George W. Blount at Zion Baptist Church. If the suggestions are carried out to the letter, your comfort and health will be greatly safeguarded.

HALF OF RICHMOND COUNTY CHILDREN

HAVE HOOKWORM

Augusta, Ga. January 28.—(Special.)

The first two weeks of the campaign against hookworm in children in Richmond county has shown that 52½ per cent of all the persons examined are infected. The percentage of infection is greatest in strictly rural districts—64½ per cent. Out of 400 examinations, 250 showed unmistakable signs of the disease, and all these were treated but one, the latter being a country child whose father refused to believe that there is any such disease as hookworm, and would not allow his child to be treated, although all treatment is free. Dr. Floyd D. Rodgers, of the Rockefeller commission, who is conducting the campaign, will be in the county for two weeks yet, spending Tuesdays at Gracewood, Wednesdays at Bayvale, Thursdays at Hephzibah, Fridays at Hood's Arbor and Saturdays at the Augusta Medical college

Health - 1915

Plans for "Clean-Up" Week Completed by Committee

Plans for "Clean-up" week have been perfected by the clean-up committee of the Atlanta Chamber of Commerce acting in co-operation with the Atlanta Federation of Women's Clubs, Rotary and Ad. Men's club and other organizations interested, and beginning tomorrow the week's activities in behalf of a spotless town will be prosecuted with vigor.

The chamber committee has gone into the project with enthusiastic purpose. The clean-up movement is nation-wide; the committee regretfully admits that Atlanta has been somewhat behind other cities in her class, and effort will be made this year to bring things right up to the mark.

A cleaner Atlanta for Grand Opera week will be one of the slogans; a cleaner Atlanta for cleanliness' sake will be another.

Governor Slaton has designated this as Clean-up week in Georgia, by special proclamation, and every interested organization has taken hold with a will. The chamber committee is composed of L. D. Hicks, chairman; S. L. Rohrer, St. Elmo Massengale, A. S. Adams, V. H. Kriegshaber and Walter Rich. Every one of them is thoroughly interested and is co-operating in the work. The efforts of the Atlanta women's clubs along similar lines will undoubtedly, as in the past, prove of wonderful effect in accomplishment of the desired result.

Will Put Posters Everywhere.

"The chamber of commerce took hold of this clean-up proposition last year in anticipation of the coming of the Shrine convention," said S. L. Rohrer, of the chamber committee, "and its work was wonderfully successful. We have planned this year to make it even better, and I believe we are going to get the results."

"We have fifty big sheet posters which will go up Monday. The Atlanta billposters have generously agreed to place them for us, and Atlantans will be told everywhere in big type: 'Now is the time to clean up and paint up. Make Atlanta a spotless town.'"

"In addition to this, Mr. Massengale will have painted for us a big sign near the Atlanta theater reading: 'Clean up and paint up. Make Atlanta the city beautiful.'"

"Then, there is the campaign carried on through the Atlanta school children, among whom 65,000 pledge cards have been distributed. These are to be returned on Saturday, April 10, signed up, and telling of some clean-up work done by parents or friends on their premises. The school campaign was wonderfully successful last year, and we have every reason to believe it will be more so now."

"It is a part of our present plan to have our signs photographed and run in the moving picture shows, if possible, in the shape of dancing letters such as have proven so attractive in recent picture show displays."

"From reports coming to the committee, I believe we have interest throughout the city thoroughly aroused, and that the results in this clean-up campaign will be better than Atlanta has ever known before."

To Make Committee Permanent.

The chamber of commerce has become deeply interested in the clean-up work since taking hold of it, and the prospect now is that the clean-up committee will be made a permanent institution. Heretofore the committee has been more or less a temporary one, appointed from year to year; but the interest is such that there is talk of making it one of the regular standing committees of the chamber, and this will doubtless be done. The committee in charge of the work this year will recommend the adoption of this course, and there is every reason to believe it will be adopted.

The chamber of commerce is more than proud of the splendid work done through the public school children last year, and has arranged to distribute some prizes well worth while to those who bring in the largest number of signed pledge cards this year.

Mayor J. G. Woodward, as always, is taking much interest in the movement, which has his cordial support and backing. He repeats what he said last year:

"Cleanliness is next to Godliness. The 'Atlanta Spirit' has always kept Atlanta to the forefront in every movement for civic betterment. To keep the city beautiful and healthful, it is necessary that every citizen should join in the movement for a 'grand clean-up.'"

The city is expected, through its sanitary department, to put forth special efforts this week to keep the streets clean—in fact, cleaner than ever. Every possible agency will be enlisted in the work, and by the end of the week it is anticipated that Atlanta will look like a new, a brighter and a better city."

Ottawa's Dumping Grounds!

The Mayor Replies to the Charge That Refuse and Filth is Dumped in a Neighborhood In- habited by Colored People.

We are in receipt of a letter from the Mayor of Ottawa in answer to our complaint about the dumping of refuse and filth near the residences of our people there. We also have a

letter from the Board of Health. I hope the colored citizens of Ottawa will see to the matter that what these gentlemen say is carried out. Following are the letters:

Topeka, Kansas, April 30, 1915.

Mr. Nick Chiles,
Topeka, Kansas.

Dear Sir:

I have received yours of the 29th and in reply will say that I have taken the matter of which you write up with the City of Ottawa, and have referred the same to the Engineering Department for investigation at their earliest convenience.

Yours very truly,

S. J. CRUMBINE,
Secretary.

Ottawa, Kansas, May 1st, 1915.

Topeka Plaindealer,
Topeka, Kansas.

Dear Sirs:

I have your letter of April 29th and note what you say.

There are some lots in the East part of this city along the bank of the Marais Des Cygnes River which have been used for a dumping place for a great many years. There are some colored people who live in the vicinity of these lots, but as far as I personally can now remember none of them have ever protested to me concerning the maintenance of this dumping place, or requested that it be changed, and so far as I know, none of them now desire to have any change made.

This is in the most sparsely settled location in this part of this city, and there are very few families who live near the place. I have endeavored to secure the man who lives near this place to act as dumping master or superintendent in the unloading of the trash at this place, but as yet, have been unable to make arrangements with him.

So far as I have heard, no cases of sickness or unhealthy conditions have ever arisen on account of this place, and I do not believe that they have occurred, at least I have never heard of them.

Very truly,

F. M. HARRIS, Mayor.

HEALTH DEPARTMENT

Edited by

Dr. R. T. Hamilton.

"Prevention is better than cure, and far cheaper."—John Locke.

This department is conducted for the purpose of educating the public along lines of correct living—hygiene and general sanitation. In other words, as to how to keep well. It is not our intention to boost or advertise any individual, drugs or any particular school of medicine, but to cull from the mass of good health matter that comes to our desk, intended for the public, that which in our opinion is the best and to present it from week to week in these columns. The editor will not answer any questions either herein or by mail. If any additional information or advice is desired on any subject presented your own family physician is the proper person to consult.

SANITATION IN THE HOME.

When a woman enters into the housekeeping business, says Alta Hiett in the Ladies' World, she takes upon herself grave responsibilities, and it becomes her duty to inform herself on all subjects that pertain to her chosen work. We must understand sanitary conditions both in and outside of the house. We must know how to keep everything, from family to premises, in the best condition, with the least work and worry possible. We must keep pace with household improvements and inventions, and be able to select the best for our own special use. It is our business to see that all leaks which lead to extravagance and loss of health are closed permanently, for "sanitation and economy are twin sisters." Our protection from dirt, disease and insects is a hygienic matter that science demands today, and this is afforded more through a study of little than large things.

Cleanliness should be scattered through the year, instead of making a mountain of it at stated seasons. Even if a neighbor does sniff suspiciously, when we say we clean every week, instead of twice a year, we should have the courage not to yield our position, nor feel conscience stricken, if our home is tranquil and serene during the upheaval that af-

fects others. Frequent cleaning is economical, in that one expends less strength and expense than if the dirt has accumulated, and less hard rubbing and digging into house and furniture is required. It helps us to repair a break when found at once, and a cent spent in time saves dollars.

Let there be daily inspection, ventilation and sun bathing of every room. Do not tolerate cracks in floors, baseboards, walls or any place where pests may lodge. Old newspaper, soaked in a tub of water for a few days, boiled to a soft pulp, mixed with half a pound of glue to a gallon of pulp, squeezed dry while hot, then applied to the cracks, will easily and neatly fill them. After this has hardened a good paint filler, and a coat or two of stain, paint or varnish will give you utmost satisfaction.

When sweeping, keep the dust "down" and let a current of air blow through the room. Sweep with the draft, and broom and air will soon rid the room of dust. Wipe the furniture with an oiled cloth. Be sure no part of the house is damp. A dry cellar is an absolute necessity. If the building stands in a low place, have a ditch a few feet from the foundation, slope and fill with broken stone and gravel; top with dirt. Apply waterproof preparation or paint to the inside, that the dampness may not ascend.

Let the housekeeper, when planning the running of her establishment, consider: First, the house healthful; second, the house comfortable; third, the house convenient; the rest will take care of itself. Nothing, positively nothing, should be planned for display, the predominant thought being to outstrip one's friends, for an attitude of this kind is unsanitation of the mind.

EDITOR CHILES ON SANITATION
Editor Nick Chiles of the Topeka Plaindealer writes the Mayor of Ottawa concerning the disgraceful way in which colored people's property is used as a dumping ground for filth and vermin:

Letter to Ottawa's Mayor.
Mayor of Ottawa,
Ottawa, Kansas.

Dear Sir:

While in Ottawa last week, we visited among the colored people and we find that you are dumping all the filth of Ottawa among the colored people who live in the low lands of that town. It is a shame and disgrace to civilization for such offenses to be committed against a defenseless race. I have written Dr. Crumbine concerning this outrageous

act. The colored people who live there say they can hardly sleep at night and it is unhealthy and causes considerable sickness. If these were white people, you would not do that. I, personally visited this place myself and say that it is unhealthy and unsanitary and should not be allowed. I hope you will give this matter due consideration.

Yours truly,

NICK CHILES,

Editor Topeka Plaindealer.

Letter to Dr. Crumbine.

Dr. J. S. Crumbine,

Health Department, State House.

Topeka, Kansas.

Dear Sir:

I wish to inform you that while at Ottawa last week I find that all the filth and refuse of Ottawa is dumped in the neighborhood of colored people which is a disgrace and outrage upon Christian civilization. It seems that in some towns and cities that the officers who are white, of course, make it a special business to dump everything or make everything as inconvenient as can be for our people. I wish you would give this Ottawa matter attention and just personally go down there yourself and see where they are dumping this refuse and then go visit the colored people who live in that vicinity. The place is on the north side of the Missouri Pacific tracks and a portion on the south side.

Yours truly,

NICK CHILES,

Editor Topeka Plaindealer.

THE NEGRO DEATH RATE.

The November report of Dr. J. S. Crumbine, Health Commissioner of the city of Norfolk, shows the lowest death rate in the history of the city. The proportion of white and colored deaths remain the same, however, the colored rate being double that of the whites. There is much encouragement in the decrease in the colored death rate from 24 per 1000 in August to 17 per 1000 in November. Tuberculosis and pneumonia continue to be the chief causes of the high death rate among Negroes. We may look for

a continued high death rate among Negroes. We may look for a continued high death rate from these diseases, until the state and city authorities recognize the importance of making better living conditions possible among Negroes and providing for the segregation and care of colored tubercular patients in the same manner that white patients are segregated and cared for. The white press of the state and many of those who are charged with the direction of the public health work are beginning to realize the necessity of such a course. The Roanoke World-News states that "the anti-tuberculosis campaign in Virginia can never hope to prove more than measurably successful until and unless it is applied to the Negro element of the population with the same degree of thoroughness and vigor as to away a cancer in spots is a foolish process." The Richmond Journal points out that in order to receive modern treatment for tuberculosis in Virginia, a Negro without means must become either a madman or a criminal. "The only spots in all the commonwealth," says the Journal, "where an indigent Negro consumptive can be cared for, as science now demands is in the state prison or the insane asylum." There is a "sort of grim humor" as the Journal says, in the fact that the great State of Virginia provides no aid for its law-abiding and useful class of colored citizens, but does provide such aid for the criminal and insane classes. No less positive on the subject is the Norfolk Virginian-Pilot, which says: "The two races are brought into contact at so many different points and in so many different ways that infection in one is bound to spread to the other. Strict enforcement of sanitary regulations, inculca-

tion of correct habits of living, and segregation of tubercular patients are all no less important in the case of the blacks than in case of the whites, and so long as there is discrimination in these regards between the two elements of the State's population, it is idle to expect that more than an appreciable degree of headway will or can be made in the fight against the most dreaded and most ravaging disease known to mankind."

It is encouraging to note also that Southern medical experts and health officers are changing their attitude on this subject, from one of indifference to one of concern. In a recent address at Jacksonville, Fla., Dr. Brunner, health officer at Savannah, Ga., said:

"Is the Negro receiving a square deal? Let this commission investigate the house in which he lives. Why in his race, is tuberculosis increasing? Why does he furnish his enormous quota to the chain gang and the penitentiary? Investigate the industrial insurance companies, the money lenders, the installment furniture dealers, and, finally, the matter of the surplus population, which is a most potent factor in producing that class of persons which is dangerous to any community and must contaminate its health and prosperity. Better the creation of such a commission, at least for this city and section, than the theoretical gatherings at tuberculosis conventions and immigration congresses. The Negro is with you for all time, and it is up to the white people to prevent him from becoming a criminal and to guard him against tuberculosis and the like. If he is tainted with disease you will suffer. If he develops criminal tendencies you will be affected. You cannot observe these things without going where he

lives in colonies in this city. Investigate them, and you will soon learn that if he desires to improve his sanitary conditions he could not do it. Observe the house he must live in, the food that he must eat and learn of all his environments."

Dr. Brunner's statement covers pretty accurately the whole situation. It is up to the white people to "guard the Negro against tuberculosis and the like," because the white people have forced upon the Negroes the intolerable living conditions which have made tuberculosis so prevalent among them. It is also true, as Dr. Brunner says, that if the Negro "desires to improve his sanitary conditions he could not do it." Why? Because Negroes are compelled to live in segregated districts and have no voice in the government. The past attitude of the South toward Negro advancement in matters of health and education reminds one of this little story: A dog stole his master's supper on a very cold winter's night. Angered, the man seized the dog by the nape of the neck and carried him into the yard. Several hours later a passing neighbor observed the man standing straddle of the dog, nearly frozen. "What are you trying to do?" he was asked. "This dog stole my supper and I am trying to freeze him to death," he replied. The dog was getting along pretty well, however, while the man was nearly frozen as a result of his effort. Moral: The white man cannot conserve his own health and morals without giving the Negro an honest chance to conserve his.

THE NEGROES' DEATH RATE

The heavy death rate among the colored people of the city was brought to the attention of the public by the annual report of the superintendent of health in a

peculiarly emphatic way. The facts of course are indisputable. The Negro is dying more rapidly than the white people at the rate of about two to one. Even his higher birth rate does not offset this fact. The causes, however, have never received the same attention that the facts have. It has been shown that the Negro lives as long as other people if given the same environment. The insurance companies and the United States army have demonstrated this fact. These two agencies have definitely removed the mortality among Negroes from the sphere of comparative vitality and have placed it to the account of secondary causes which are remedial. The entire problem with modifications could not be better expressed than in the language of the report above referred to. It says: "This is too great a difference in two races living in the same community and under the same laws. There must be a remedy for it, the remedy as I see it is education along sanitary living and settlement." The law is the same for both races with respect to sanitary living and environment, but no person who observes in the least pretends that the law is enforced equally. The Negro, though comprising one-third of the population, has not as much as one-fiftieth of the sewerage of the city. There is not a side walk on any street where Negroes live that was put there with the understanding that it should be used exclusively by Negroes. Most, if not all of the dumping grounds for garbage are to be found in Negro settlements. There is not a sidewalk leading to a single Negro school nor is it possible to reach any but a small number of Negro homes without going thru mud. They live in the least desirable places under the worse sanitary conditions and await with patience the time when an aroused public sentiment will give them their due.

Along this same line the state board of health is trying to get rid of tuberculosis among white people and assert that when this is done it will be time to do something for the colored people who are dying at a more rapid rate. This is the spirit of the whole issue as to the health of the Negro and his frightful mortality.—Durham, (N. C.) Reformer.

SWAT THE FLY!

Beautiful and enjoyable (in other parts of the city) as have been the few warm days we have had so far, the beauty and the pleasure of these harbingers of sprightly Spring and languorous Summer have been sadly marred for us in Harlem by the ghastly memories of by-gone Summers and the ugly possibilities of the corner loafers and this coming Summer.

What steps are the police taking to keep the street corners of Harlem free from the carrion mess that has so regularly disgraced the good name of this community? What will the police do to protect the ears and sensibilities of women forced to pass through this annually created zone of vulgarity? Are their clubs to hang as uselessly as heretofore, or will they respond to the demands of the respectable people of this community that they SWAT THE FLIES and clear the corners of this human garbage once and for all time. Surely the police must know that no decent, self-respecting person could be paid to loiter indefinitely or hang out on these corners with the flotsam, the refuse of humanity, who make the corners their diurnal and nocturnal hunting grounds. Surely the police know that the decent people of this community are as desirous of abolishing this dung-heap of rotting vice as are the decent people of other communities, whose daily labors bring them to Lenox avenue, between 134th and 136th streets.

Are the police ready to tackle the job, and do their obvious duty in riding the community of the odoriferous Lenox avenue sore?

The order to keep pace with the progress of the times and that we may lengthen the lives of the members of the order, the Odd Fellows of Georgia have established a Medical Department and divided it into two divisions, each division being placed under a medical examiner. Dr. A. D. Jones, District Grand Medical Examiner, is in charge of the examination of the applicants who apply for membership into the order and Dr. E. J. Brinson, Assistant District Grand Medical Examiner, is in charge of the Bureau of Health. Dr. Jones is charged with the responsibility of seeing to it that none enters the order but those who are mentally and physically competent. Dr. Brinson is charged with the responsibility of preserving the health of the members in the State with the view of lessening the death rate.

The life of the Bureau of Endowment depends largely upon the death rate. If the death rate can be brought into scientific limitations, the Bureau of Endowment can live. But if the mortality of the members continues to increase as the bureau grows in years, it will be greater than the endowment funds will meet. Therefore, we have inaugurated a plan of teaching the members how to preserve health with the view of making them live longer.

There are many ways that we can preserve health and lengthen our lives, if we follow certain principles of health and conform to certain habits of living. Cleanliness is next to Godliness. Just as Godliness will preserve the soul, cleanliness will preserve the body. And we know of no man in the State more capable of assisting and helping the members than our Assistant District Grand Medical Examiner. From time to time, the doctor will issue bulletins of instruction and letters of advice to the members throughout the State. It will be the policy of the Bureau of Health to place in the hands of the order certain rules which will be productive of good health if observed; certain rules for the individual to observe at home as well as the members in the lodge room.

All great insurance companies these days have health bureaus for the purpose of looking after the health of their members. The longer the insured lives, the better it is for the company and the shorter our lives, the more harmful it is to the company. So, The Independent calls upon the members throughout the jurisdiction to assist the medical department in keeping the unhealthy ones out and preserving the health of those within.

DISEASE DRAWS NO COLOR LINE

One of the most pathetic and cogent arguments ever made against the color line which the South attempts to draw in every

sphere of life is that made in the letter to the Birmingham Age-Herald by Horace D. Slatter, a colored newspaper man who has written for many of the white Southern dailies. He himself is a victim of consumption and in the last stages of the disease, he makes a dying appeal to the South to cease drawing the color line in her treatment of disease, because disease draws no color line.

Alabama has been conducting a campaign against the White Plague among its white people, but so far it seems it has done nothing to stamp out or decrease its ravages among colored people. Mr. Slatter says:

"Not only have I been confronted with the nearer and dearer bereavement in the death of my wife, but hers was the fifth death in that one family in less than eight months—all from tuberculosis. The strange part of the affair is that in the entire family the young people were well educated, had a fair degree of common sense, did not dissipate and observed, in an unusual degree, the common sense laws of health.

"Why they have fallen victims to that dread disease and others around them who turn night into day, who do not know the use of a bathtub, who are grossly immoral in their lives and habits, are the very pictures of health, is one of the ironies of our existence that I presume we mere mortals are not called to pass upon. It is, therefore, of interest to me to note the 'Launching of the Tuberculosis Campaign,' written by Mrs. Ullman, in the social service department of The Birmingham Age-Herald. The whole affair seems faulty to me to a great extent, because of the fact that the colored people are left out. To say that there is no color line in disease is repeating a truism that is as old and often said as it is sensible, and yet right here in the South—in Birmingham—where so many colored people live, where so many of them are afflicted with tuberculosis in all its stages, practically no effort is being made to save them or to help them.

"There is but little use in taking care of the colored people after all the white people have been cared for. There will be white people to care for in an increasing degree, so long as the colored people are neglected. The white man who is ever so careful of his health and his family's health is no more immune from tuberculosis than I and my family were so long as so many of our people are neglected and continue to do the chores and the laundry and the like.

"I should like to urge, without being considered 'out of my place,' that the colored people be considered in Birmingham and throughout the South in the campaign now being launched. It should not all be left to them. Their children in the schools should be considered, and even if the leaders in the tuberculosis movement in Birmingham do not feel that 'the time is ripe' to help the colored people, it is greatly to be hoped that the leaders among the colored people will take it upon themselves to push tuberculosis week this year so that some money will be on hand in somebody's care to take care of needy people of our race who are afflicted with the disease in its early stages.

"It is a sad commentary on the injustice of things that the very people who need help most to fight this disease are denied it because no arrangements are made for them on account of their color. The colored person in Birmingham who gets any treatment for tuberculosis must pick himself up, bag and baggage and go to far-away Colorado, away from his friends and loved ones, simply because of his color."

In its final analysis, Mr. Slatter's letter is a close charge against the entire South. The South figures that it can carry consumption and scarlet fever among its white people, without the slightest contagion reaching the colored neighbors. If the master of the house, its lady and children are well, the South feels it need take no account of the conditions of the health and living of the cook and

PARADE CANCELLED;
INTEREST LACKING

Brassell Announces Close of
Garbage Can Contest in
Montgomery

Montgomery, Ala. There will be no parade of the children of Montgomery following the clean-up campaign of last week and the garbage can contest that was to have run through the current month. This announcement was made last night by Commissioner Walter Brassell, who added that for the first time in the four years he has supervised the clean-up campaign the children of the city failed to show their interest and enthusiasm. Commissioner Brassell stated unequivocally that there would be no parade. He had planned a parade, of which moving pictures would be made and shown throughout the United States. Following this parade a banquet was to have been held at the City Auditorium, at which all of the participating children would have fed and the prizes awarded.

"For the first time in my four years of experience," said Commissioner Brassell last night, "I am forced to admit the fact that the children have not demonstrated their usual interest. Of course, there is a reason, and all of us in our department are thoroughly familiar with the reason. Heretofore we have gone out in person and talked with the children of the city on what our hopes and desires were in connection with the campaigns. This year we were assured that it would not be necessary to do that, and we devoted our attention to other features. Evidently something went wrong with the promised program, and the desired interest has failed to develop.

"There are something like two hundred children who have registered at the Sanitary and Health Department of the city, and these children have been working faithfully. It is our desire to reward them in some way, and it is highly probable that we may gather them together and give them a little impromptu banquet. This feature has not been fully determined, but they will all not go unrewarded. A few, too, have worked faithfully in connection with the garbage can contest, which is now called off, and we propose to see that they are rewarded."

Commissioner Brassell said he regretted the necessity of calling off the parade, with the accompanying moving picture details, and the banquet at the City Auditorium, but under the conditions that have developed he felt it would be impossible to carry them out, with the expense that would necessarily attend such undertakings.

the coachman and the gateman. There is the fear of those men and women going forth daily to work in the white sections of the city endangering the health of those other sections.

The South is learning its lesson slowly. Some day it will realize that disease draws no color line.

ODD FELLOWS' HEALTH BUREAU

Bulletin No. 8

Helpful Hints on Health and Sanitation—Pertinent and Petty Points on Consumption

1. Consumption is generally considered to be a disease of the lungs, and while this is true, it must be understood that it may and does affect other parts of the body. Consumption is an infectious or communicable disease. It is also a curable disease. It can be communicated from the sick to the well. It can always be cured in its earlier or incipient stages, and sometimes in its secondary stages.

2. The cause of consumption is a living germ, a minute poisonous plant, called bacillus of tuberculosis. It is this germ that causes destruction of the tissues with gradual wasting away and finally death, if the disease is not checked. During the process of the disease the germs are constantly multiplying in the parts affected and escaping and infecting others.

3. Consumption or this poisonous germ or plant may be and is communicated from the sick to the well by the expectoration or spit of the consumptive. It is this consumptive's spit and this alone when the lungs are affected that carries the disease from one person to another. The germ may enter the human system in one of the following ways: (1) By breathing the germs directly into the lungs through the nose or mouth; (2) through the digestive tract by eating infected food, the drinking of milk from tuberculosis cows, the use of drinking glasses, eating utensils and other articles that have been carelessly handled or used by consumptives; (3) through cuts or scratches on the skin surface, coming into contact with clothes, towels, eating utensils, etc., that have not been properly handled by the consumptive.

4. The most common source of infection is the cough through the spit. If the spit is discharged on the floor, or on carpets, or on clothing, or on sidewalks, or street crossings, the germs may live for months, especially if they lodge in dark moist places. This same poisonous germ may be breathed in, either in the dust which contains dried and powdered sputum, or in the tiny drops of spit sprayed out by the tubercular person when coughing. To prevent this profuse scattering of the germs when coughing the consumptive should always protect his mouth and nostrils with his hand or handkerchief in the act of coughing and his hands should be thoroughly washed before the matter coughed on them dries. The handkerchiefs should be either burned or washed, too, before the matter on them dries.

5. The most common form of consumption is pulmonary tuberculosis or consumption of the lungs. When the lungs and air passages are affected they undergo the destructive process, with the production of millions and millions of new living germs every day. By constant coughing, hawking, and spitting promiscuously and carelessly, these germs are scattered far and wide. Rooms, houses, work-shops, factories, public vehicles, public halls, and even the streets may become so contaminated with the germs that every person breathing the air in such places is subjected to the constant danger of acquiring the disease.

6. Hence it can be easily understood why it is so dangerous to live or breath a dusty atmosphere. If the consumptive will observe

the precaution to spit always into the fire, or a vessel containing a fluid, or on a handkerchief and burn or wash the handkerchief before the matter on it dries the danger of his spending the disease by his spit will be averted.

7. It is often said that members of certain families inherit tuberculosis. This is not true. The disease can not be inherited. A constitution predisposed to consumption may be inherited, but the real reason for so many deaths from tuberculosis in the same family or in several generations of the same family is that, generation after generation, members of these families have died of the disease and the sick ones have infected the well.

Careless uninformed tubercular cooks and nurses are fruitful sources of infection. No person having this complaint should either be a cook or a nurse. The high temperature of the cook room is very unfavorable for such people.

8. People who live in the large cities in the closely built tenement house districts where the location is low and flat stand much in danger of breathing a vitiated and poisonous atmosphere. Particularly is this true if their residences are in a valley, for the lower strata of the air, are very little stirred up by the winds passing over them. The result of living under such conditions, be they produced in the home of the poor, or of the well-to-do, in factory or work-shop, by ignorance or greed, is a diminished desire for deep natural breathing. The respiratory centers become dulled by the excess of carbonic acid and the poisonous by-products of respiration in the atmosphere. The respiratory capacity of the lungs becomes more and more diminished, and the individual receives just enough oxygen to sustain life. So much of the air space of the lungs is never used.

A full physiological exchange of arterial blood for venous blood takes place very rarely. The muscles of the chest become thinned and weakened and the individual assumes a stooping attitude. Before he realizes it, he has acquired the narrow chest, stooping shoulders, and a pale, emaciated appearance. If such an individual should be exposed to the inhalation of the consumptive germ in the form of tuberculous dust; if he should ingest tuberculous substance in the form of meat or milk from tuberculous cows; if he should be accidentally inoculated through a scratch or wound, or be in close contact with a careless tubercular patient, he is most liable to be infected.

Cities situated on high ground with wide streets and with moderately high buildings so that there can be a very free circulation of air and admittance of sunlight in all of their quarters, are very sanitary. The city of Chicago is said to be one of the healthiest cities in the United States and that agency which contributes most to its healthy conditions is thought to be the high winds to which it is so much exposed.

If a person has consumption unless he is thoroughly trained in the scientific rules and regulations governing the treatment and adheres strictly to them, he is a menace to the health of his family and neighbors.

It is wisest and best that every person suffering from this malady enter a sanatorium established particularly for treating this disease, but if circumstances forbid this he should secure the services of the most competent physician in his vicinity to conduct him through his illness.
E. J. BRINSON, M. D.,
Asst. D. G. M. E.

Walker's Health Survey

Jasper Eagle *Admitted 5-7-15*
Dr. C. A. Grote, our county health officer, is receiving the congratulations of his friends on the success of his efforts to induce the United States Public Health Service to make a complete sanitary survey of Walker county.

When we take into consideration the fact that Walker is to be one of the four counties in the United States to receive such attention, we realize the magnitude of Dr. Grote's victory.

It is a great compliment to our country to have three physicians of national reputation sent here without expense to us, to make a health survey of our county.

The government experts who are coming here to conduct the health survey are Drs. Laughlin, Wyman and Lumsden.

About six months ago Dr. Grote wrote to the public health service at Washington and asked them to consider Walker county if any survey work was to be undertaken, and offered to co-operate with them in every way possible. After pegging away on the matter about six months, the doctor's efforts were crowned with success—and his friends congratulate him.

The New Orleans Picayune has the following to say about the work:

It was announced from Washington last week that Surgeon-General Blue had agreed to send commissioned officers and sanitary experts of the public health service to investigate rural sanitation in four counties of as many States. Those designated are Walker county, Alabama; Wilson county, Kansas; Anne Arrendel county, Maryland, and Orange county, North Carolina.

The dispatch states that the experts of the service expedition will visit and inspect all farms in those counties whose owners have reported their desire to "sanitize." Sewage disposal, water supply, flies, mosquitoes, rats and the prevalence of disease, it is added, will be given special attention.

This step is a logical development of the health campaign which of late years, with steadily improving organization, has grown rapidly both in volume and efficiency.

The better sanitation of the cities has resulted in health comparisons not always favorable to the rural communities. Outbreak of disease in the former have frequently been traced to farms, whence the urban supplies of milk and other food stuff have been drawn.

Contamination of urban water supplies occasionally have been found due to bad drainage of farms along the streams from which water was obtained.

Municipal health authorities have moved to the correction of the menaces to the health of the people under their own jurisdiction. In several cities the health officers during recent years have gone even further, warning city folks who spend their vacations in the country to be on their guard against typhoid and other diseases, which may be contracted in their quest of health and rest on the farms or at rural "health resorts."

AWARDS PRIZE TO COLORED BABY.

The Voice of the People
Elizabeth Neil, 11 months old, daughter of Mr. and Mrs. James L. Neil, 206 1/2 street, Washington, D. C., was awarded a prize of "practical perfection" in a baby contest held by the Washington Diet Kitchen Association. The prizes were awarded by Miss Margaret Wilson, the president's daughter.

EDUCATION OF THE NEGRO ON TUBERCULOSIS

An Address Delivered at the Southern Tuberculosis Conference, Atlanta, Ga.

By William A. Harris, M. D., (colored)
Savannah, Ga.

The Negroes of this state are exceedingly grateful to this conference for its interest in its health problems; for if there are any people requiring personal concern and charity of a more fortunate race it is the Negro. For many generations they have lived in this state, and experienced the many vicissitudes incident to its development; they have much in common with the white man, but are, nevertheless very dissimilar in character, have different problems, are in distinct stages of evolution with altogether opposing social and mental outlook.

If it is now necessary to educate the white man on tuberculosis, who has suffered its ravages for centuries, and consequently has acquired some immunity to it, it is duly needful to educate the Negro on this subject; since being a comparatively recent neighbor and sharer of the white's civilization, he is quite susceptible to, and has a greater pro rata mortality from the Caucasian's tuberculosis.

The aboriginal Negro was not a city dweller; consequently his present day descendants with anti-urban physical constitution are handicapped by modern town and city surroundings. This is not common knowledge among us; for it is our general belief that we are very resistant to all diseases on account of great physical development resulting from manual labor.

We are grossly ignorant of the real nature of tuberculosis. Our prevalent belief is that its actual cause is cold. We have little if any knowledge of the infectiousness of consumption, the means of sputum disposal, or of the great value of wholesome air and sunshine. We are convinced firmly that, when once contracted, tuberculosis can never be cured, and forthwith resign ourselves to fate and the mercy of God. How imperative therefore it is for us to know that we are a menace to ourselves, the white man and our progeny.

Channels of Education

We are dependent principally for enlightenment, in regard to tuberculosis upon our ministers of the gospel school teachers, physicians and other leaders, fostered by the sympathy and aid of the white public.

Future ministers, school teachers and social workers, while students, should be given special instruction concerning tuberculosis, in order that they may be competent exponents to their charges.

Teachers of the present in public private schools and colleges may be instructed appropriately by illustrated and other kind of lectures by some physician or other competent person at normal classes, institutes or other such organizations. Thus prepared suitable instructions may be given by them to pupils in all grades ranging from the most elementary to the most advanced ones. Such teaching should not be withheld until physiology is taught in an advanced grade.

Active ministers may be instructed likewise at their weekly unions or conferences, and these then could use their pupils to good effect, reaching their respective congregations, and while visiting homes, also, give valuable personal directions.

It would be helpful to have a tuberculosis club or league as an adjunct to some already permanent operating club, or committee, having as leader a deacon in the Baptist church, a class leader in the Methodist church, an elder in the Presbyterian church, and so on in the various denominations with their respective pastors and one or more physicians, either members of the church or not as active workers.

In Savannah the members of the local medical society have promised to give what instruction they can, and to co-operate with teachers and preachers.

For the younger members of churches, some such auxiliary could be added to the Sunday school, Christian Endeavor, Baptist Young People's Union, Young Men's and Young Women's Christian Associations, and so on, each denomination or sect reaching its own subjects particularly, and others not belonging to any such organization.

In secret orders some such similar innovation may be launched with special results. This suggestion is offered on account of the already numerous existent societies in churches and other bodies.

Illustrated lectures with appropriate lantern slides on tuberculosis and its allies may be given free of charge by physicians for the benefit of those who do not attend any church, in small obscure halls, used for dancing, etc. For the help of many who worship in the little out-of-the-way churches, and who are in greatest need of this and all kinds of education, many of whom have never heard a talk on any subject pertaining to health, these lectures given in their churches and meeting houses will be gratefully received and schools should also be favored with them. These lectures may be given in some such way as I am doing in Savannah, under the patronage of the Negro Urban League.

Experience in Savannah.

The W. G. Raoul Foundation of Atlanta have loaned the twenty lantern slides secured from the National Association for the Study and Prevention of Tuberculosis. Dr. V. H. Bassett, city bacteriologist of Savannah, secured for my use from the Associated Charities of this city forty-nine slides on tuberculosis, the house fly and housing conditions, and loaned me his own home-made lantern, screen and other necessary equipment and has taught me with pains how to operate the machine. Through his, and the efforts of Dr. W. F. Brunner, health officer of Savannah, and rendered me very much help, permission has been given me by the fire department to operate the lantern at will without any oversight. At a personal outlay of about five dollars, for a cable seventy feet long, and several necessary accessories, including pliers, screw-driver, carbons, smoked glasses, fuse plugs, wire, etc., I have a splendid equipment for producing magnified pictures on a screen.

It is my hope to secure a number of lantern slides of Negro subjects, their housing conditions, good and bad; a few comical and landscape slides, and cuts of prominent Negroes to be interspersed with those on tuberculosis to obviate monotony and maintain interest.

My first lecture was given at Silver Moon Baptist church, the smallest one in the Old Fort, having a membership of sixty. About 120 managed to crowd inside; several of whom had to stand. My performance of operator of the lantern and lecturer was fairly successful.

Most difficulties were encountered while making preparations and rehearsing for it during the day. In connecting the lantern with the church circuit, I broke a large light bulb; disconnecting a wire supplying current to the bulb over the door-way, making the entrance dark that evening, and missed dinner waiting for the belated fire inspector.

The next effort was made in Yamacraw at a place formerly used as a shop, but now the meeting room of forty souls composing St. Matthew Baptist church. There were nearly 100 people inside and about thirty or more outside. I had arranged carefully the slides along the side of the lantern. While trying to secure a seat near the lantern, a man brushed a stack of slides from their place to the floor, and several of them were cracked. With suppressed wrath and expressed good nature, I gathered together the fallen slides, rearranged them and proceeded with the lecture. I was kept continuously regulating the controller of the carbons during the entire lecture, which lasted about an hour; for whenever I would let go of it, the ends of the carbons would go out, and with it my picture and the audience's enthusiasm.

My third attempt promised to be the most successful and impressive of all, at a small church in Frog Town one evening not long ago. Nearly all arrangements and adjustments had been made late in the afternoon with only one complication; obtaining and substituting an unheard of large fuse wire for a smaller one by candle light. Except for the connection of the cable to the lantern, all was in readiness; this was left undone so that it would not be walked upon and tangle feet.

After finishing my office duties, I rode to the church having a small bag containing the lantern slides, and found the minister on the outside to greet me. There was a brilliant light inside, and almost three hundred people of all ages filled the building. "Now is my time to do much good." Filled with pride, I confidently picked up the cable, which had been concealed beneath a bench in the back of the church, and expected to connect it to the lantern, when there was a sudden flash and the church was in darkness and the audience in commotion. Having only a faint idea of the cause of

the mishap, I trembled in my boots, and meanwhile lit hurriedly a candle, while I asked the minister to assure the audience that there was no need for alarm, and to urge them to remain seated, with the promise that the trouble would be adjusted at once. The third or fourth thought convinced me that the almost inaccessible fuse wire, way up over the front door had blown out, and it was my urgent duty to replace it as soon as possible. There was no such thing as a ladder in the place, so by the light of the only candle, a table was placed on the top of an old abandoned desk beneath the side of the fuse wire. An officer of the church and I climbed on top of the table and while he held the candle I replaced the wire from a reserve supply; ordered the switch to be turned on, and to my surprise and delight, the lights actually burned. On reaching the floor, I picked up the cable again, taking much care to prevent the two free ends of it from striking together and blowing out another fuse, made all necessary connections without further embarrassment, and gave a most satisfactory show.

It is my custom to take my outfit after office hours to the exhibition place in the afternoon preceding the evening performance, set it up, rehearse if necessary, return to supper, remain at my office until half past eight, and then return to deliver the lecture.

One afternoon no key to Little Zion could be found anywhere; the windows in the front and side were held securely down by heavy nails. "What must I do? The night was coming." Look for other windows was the only resort. There was a little fence perhaps six feet high, between the church and adjoining house. Getting over this was an easy task. I discovered a window sash in an alcove back of the pulpit, which had nails driven over it like the others had, but the window stop was loose. This may have been Providential. Standing with one foot on the sill of the back door, and the other resting on the window sill four feet above the ground, I pushed the sash out of place and set it inside on the floor without breaking any panes. I entered the window, opened the back door, brought in and set up my apparatus more quickly than ever before.

At the close of each lecture, verbal

pledges are solicited to stop careless spitting, to utilize more fresh air and sunshine and follow as near as possible whatever advice may have been given.

Literature

The voluntary reading Negro public is small. By far the masses of the people are limited readers. Most information is transmitted from mouth to mouth. For those who can read, suitable literature offers a valuable means of shaping views and conduct in regard to this matter.

I believe firmly that an appropriate chapter on tuberculosis in the reader of each grade in our public and private schools would have a beneficial influence on the pupils. I would suggest that leaflets on consumption, alluding to the Negro's special susceptibility to it, posted in fronts and backs of Bibles, hymnals and other frequently used books would be read with profit by many.

Concise statements along similar lines, printed on cards and posted in Negro barber, shoe and other shops, saloons and places where many congregate and discuss general topics of interest, will certainly receive their share of notice, and will serve a useful end.

Object Lesson

Since the Negroes generally believe that consumption cannot be cured, it is my aim to procure a small tent with funds collected at illustrated lectures, or from other sources, place it on a vacant lot next to one of our hospitals, equip it as best I can; secure some willing indigent person with incipient tuberculosis, and treat and care for him or her there, to show our people that the disease can be cured.

With the help of the Margaret Bottome Circle of King's Daughters and other similar clubs among our people, nourishment, clothing, etc., could be furnished, and the hospital could supply nourishing and medical service until there was arrest or cure of the disease.

Through our papers and churches, the people could be induced to visit the tent and see for themselves a patient recovering from consumption and observe the means employed for bringing about the cure.

A competent Negro nurse could do untold good in the homes of our suffering people. It has been my observation that the southern white man is a liberal contributor to funds for charitable purposes among

Negroes, when convinced of their worthiness. Here is a great need. This is the Negro's home; his hope, his interest and all are here. He loves his own, his neighbor and his God. Educate him on tuberculosis, give him a square deal in regard to playgrounds and living conditions, and he will surely become a healthier and more useful citizen, less a menace to other people's—Journal of the Open Door Life

WORK FOR NEGROES WITH TUBERCULOSIS

Dr. Eaves Writes on Points Brought Out in Slatter's Recent Letter

To the Editor of The Age-Herald:

Prominent space is given by the generosity of The Age-Herald this morning to the very pathetic letter of Horace Slatter, a well known negro of this city who has suffered much in his family, and is now suffering in his own person from tuberculosis.

I desire to express the gratitude of all workers in this great field for all publicity concerning the enormous tragedy in which the negro race is involved through this disease. Hence I must not be understood as complaining that the writer came to you and appealed through you to the public for aid to his race. I am afraid, however, that his letter may be misunderstood and that many of your readers will go away with the idea that nothing has as yet been done for the negro. This is emphatically not the case.

The outstanding facts constitute a great call for aid to the negro race through hospitals in which negroes may be treated. A mere handful of white persons have been the recipients of sanatorium care since the summer of 1910, but no such institution has been within the reach of the association for the care of negroes. It must be borne in mind, however, that for every white patient received in the sanatorium at least 10 have been treated in their homes, generally with excellent results. While there has been no sanatorium for the negroes, very large numbers have been attended in their homes, also with good results in early cases. The difficulty involved is created by the fact that very few cases are brought to our attention, 19 out of 20 being considerably advanced when the nature of the disease is discovered.

I cannot find that your correspondent or his family has been in our care. We should be very glad indeed to co-operate with him toward his recovery if that is possible.

With regard to a sanatorium for negroes, nothing can be said until the resources of the association are greatly increased, but it is to be expected that at an early date a county hospital to care for negro as well as white consumptives will be established under the new law as described by Mrs. Ullman in Sunday's Age-Herald. You will please allow me to assure all the negroes of Birmingham that their disease and needs are ever present to the minds of the Anti-Tuberculosis association, and that definite progress is made for them according to the resources available.

I fully concur in the belief that it is a disgrace to the city not to have provided before now a place where negroes can be properly cared for when they are suffering from the disease that kills so large a portion of them. And whatever hospital may be established for the advanced cases, there will still be need for a sanatorium to treat the available cases not yet past the early stages.

GEORGE EAVES, Secretary Anti-Tuberculosis Association of Jefferson County.

"Birmingham, November 22, 1915."

Opening of the Municipal Tuberculosis Sanitarium.

On Feb. 16th, the Chicago Municipal Tuberculosis sanitarium, the greatest institution of its kind in the world was dedicated, and on the 8th of March the sanitarium will open for the reception and treatment of properly selected tuberculosis patients by examination.

Character of This Institution.

The institution represents the culmination of ten years of unremitting toil and devotion to a single idea. There are 42 buildings located on 160 acres of ground in the northwest section, within the city limits. These grounds, buildings and improvements represent an outlay of the people's money to the extent of \$2,400,000.

Location and How to Reach This Sanitarium.

The Chicago Municipal Tuberculosis sanitarium is located on North Crawford and Bryn Mawr avenues, about 10 miles from Madison street. You may reach this sanitarium by taking the Lincoln avenue car and transfer to the Crawford avenue car, riding north to the end of line, get off and walk three blocks north. You will see the sanitarium on the east side of Crawford avenue. It is hoped soon to have the Crawford avenue car line extended up to or beyond this sanitarium, so as to accommodate those who desire to use the street cars in reaching the sanitarium. We would most earnestly urge those who have not as yet visited this sanitarium to use the first opportunity to do so, as it is well worth your while to spend a half day or several hours in going through this institution, carefully in-

specting and studying it, even from an educational standpoint. You will have your eyes opened and be greatly benefited.

Board of Directors.

We feel that the citizens of Chicago of every race, and nationality, and every station in life, owe a great debt of gratitude to Dr. Theodore B. Sachs, president and chairman of the committee on plans; Dr. Geo. B. Young, health commissioner, secretary; Mr. W. A. Wieboldt, commissioner; Mr. Frank E. Wing, executive secretary, for their invaluable services in managing and bringing this institution to a point of completion, thus making it possible to render the people of Chicago great service in the prevention, treatment and curing of tuberculosis, the greatest scourge of humanity of today. We want to show Dr. Sachs and the board of directors our appreciation by our loyalty to the municipal tuberculosis dispensaries and to the Municipal Tuberculosis sanitarium.

CLEAN-UP WEEK TO BEGIN MONDAY

Will Continue Through Saturday, May 15, It is

Announced

Montgomery's official Clean-Up Week begins next Monday and continues through May 15, the following Saturday. The Garbage Can Contest began several weeks ago and will continue through May 31.

The necessary cards for those children participating in the Garbage Can Contest are at the office of the Sanitary and Health Department of the city ready for distribution. So far the number of applicants for these cards has not met the expectations of Commissioner Brassell, but he believes with the formal opening of the Clean-Up Campaign next Monday all the children of the city will show greater interest. He urges that the children go to his office and obtain the necessary cards if they intend to compete for the cash prizes that are being offered.

Commissioner Brassell heretofore has always had the general co-operation of the children of the city in the clean-up campaign. He has personally visited the various schools and churches in years past and talked to the children of the necessity of sanitary conditions existing, and aroused the enthusiasm of the future men and women of Montgomery.

This year, however, other influences offered their assistance to Commissioner Brassell and proposed to have several thousand children participat-

ing in the campaigns. So far this promised co-operation has not been forthcoming, but the Commissioner yesterday afternoon expressed confidence that on Monday the enthusiastic little workers would show their mettle and determination.

Unless the children of the city lend their co-operation, as promised, Commissioner Brassell says he will eliminate the proposed street parade and banquet. However, if as many as one hundred children register themselves and participate in the garbage can contest, the Commissioner will give them a banquet, the same as last year, although the street parade feature will be eliminated.

SURFACE CLOSETS CAUSE OF DISEASE

Consultation 7-17-15

Lack of Sanitary Conditions in Atlanta Scored by Committee Named by Chamber of Commerce.

Lack of sanitary conditions in many sections of the city, due to the existence of 4,514 surface closets, which exist because there are no sanitary connections, has been declared a menace to the health of these sections of Atlanta by a subcommittee of the chamber of commerce of 125, which is investigating the various branches of the city.

This data, relative to the number of surface closets in existence, has been collected by the committee headed by Dr. J. E. Paulin, chairman.

These closets are declared to be the sources of much disease. Fifteen of them are near Peachtree, and thirty-nine near Ansley Park district.

The eleventh district, embracing parts of the first and fifth wards, has 873 surface closets, and the ninth ward, 743. The fourth ward, to North avenue, has 169; Washington street district, 568, and Whitehall, 611.

The next step of this subcommittee will be to collect data as to the mortality rate in those wards having the greatest number of surface closets, and compare these rates of mortality with those of wards having fewer surface closets.

A number of years ago the old bond issue of \$3,000,000 made it possible to do away with about 9,000 surface closets of the 11,000 then in existence, and medical experts were unanimous in declaring that this step greatly checked disease.

The subcommittee finds that many of the present surface closets are along the connections have not been made in accordance with the city ordinance.

EXPERIMENTING WITH PELLAGRA.

Advertiser 11-7-15

The medical public, as well as the lay public, will watch with interest the progress of the cases of pellagra in a Mississippi penitentiary. Dietary tests were made, the reader will recall, and out of eleven convicts, six contracted the disease. These convicts submitting to the test on the condition that their life sentences should be cut down to immediate freedom, were fed on the same food day after day for nine months. The diet consisted of:

Collards, hominy, corn bread, fried mush and coffee. "We were promised turnips and cabbage a few times a week when we made the agreement to face death by the scourge," says an intelligent white convict, who has secured his pardon, "but in July those who were making the experiment decided we were holding our own to an extent and these vegetables were eliminated."

The convicts were not permitted to eat meat or butter or drink milk during the period. Of course they were frightfully emaciated before the end of the experiment; their hunger all but drove some of them to suicide; some wanted to back down after attempting to go without nourishing food for a few weeks. Some of the men fainted, most of them remained in bed—but the desired pellagra was contracted.

Once science thought corn caused pellagra; some charged the gnat with the responsibility. There were many other theories. We believe it is now generally agreed among scientists that these theories are all wrong. Of late the food theory has challenged widespread attention. It was held to be such a plausible theory that Dr. Joseph Goldberger, Surgeon General in charge of the pellagra investigation for the Public Health Service, secured permission to make tests among selected convicts in Mississippi. We may all feel encouraged at the success of the tests, though it is not wise for us to be sure yet that science has discovered the whole cause of this dread plague.

The Advertiser feels that one or two of the doctor's subjects might have been given a limited quantity of meat during the months of the experimentation. We do know that whereas pellagra is supposed to attack the poorer classes, that no class of our citizens, except those in abject penury, goes for any great length of time without eating some kind of meat or butter—certainly there is no class of people in Alabama that goes anything like nine months without meat or butter. The poorer classes, even

the negroes, have their bacon. This is a fact that does not seem to have been given adequate consideration in the experiments conducted in Mississippi. The results of the investigation would have been more conclusive had this fact not been ignored.

Pellagra was unknown twenty-five years ago, except in Southern Europe and in South and Central America. About a quarter of a century ago American medical men discovered it in this country. It is today a serious problem with many of our people, and those who are studying the disease should be given universal aid and encouragement.

Semi-Monthly Report On the Work of the Raoul Foundation

Constitution 6-19-15
The trustees of the Raoul Foundation, of which Mrs. Frederick G. Hodgson is president, have submitted an excellent report on the active work of the organization during the first two weeks of June.

The report sets forth the extension work of the Foundation through schools and teachers' institutes, and follows:

"Under the auspices of the Atlanta Colored Anti-Tuberculosis association I addressed an audience on the evening of June 3, variously estimated at from 800 to 1,000, on the subject of 'The Prevention of Tuberculosis.' As this gathering was the graduating exercise of one of the Atlanta schools I sought chiefly to reach the young people, and aside from the immediate evidences, I have been assured that the address was well received.

Carroll County Institute.

"On the 8th I went to Carrollton to address the Teachers' Institute and Normal. These institutes, I understand, are an innovation in Georgia educational circles. They are held at the district agricultural schools and are more in the nature of a normal than an institute, the teachers being under the instruction of a number of professors and teachers, and do class work.

"I was cordially received and given all the time I needed. As a result I gave four addresses to the entire body of 200 teachers in the auditorium. The subject of my first address was 'Health By Indirection,' in which I discussed the health problem from the standpoint of the teacher and emphasized the factors to be used by the teacher in meeting the problem. In the second address I outlined specifically the nature, method of prevention and treatment of tuberculosis and showed the necessity of the teacher's being able to impart this knowledge to the children in school. In the third address I outlined the work proposed by the Foundation, appealed for the support of the teachers of the state and discussed other health problems. In the fourth address I demonstrated before the teachers my method of presenting health subjects to children in the various grades.

"I think that never but once before was I more kindly received than at Carrollton. I was told by the instructors that my coming was a God-send to them; and the teachers, young gentlemen and young ladies, flocked about me in companies of dozens

thanking me for various things I had said helpful to them and assured me of their cooperation and inquired if it would be possible for me to come to their schools. I think it would hardly be too much to say if I should characterize the reception given me as an ovation, and I am persuaded that the impression made will not fail to bear some fruit.

Office Work.

"For the last two weeks we have received no great amount of letters calling for literature or other help, but expect to have some calls soon as a result of the bulletins sent every weekly paper in the state. I distributed literature at the institute and when the teachers go to their schools calls will begin to come in for packages which I am having them promise to carefully distribute.

"A letter and press clipping from Brunswick announce the organization of their committee and their readiness for our executive nurse. An organization does not seem to have been effected at Albany yet, though I am expecting a letter every day.

"While at the institute at Carrollton I studied the situation in the city with a view to securing a committee for our work. As usual, where they have no registration of deaths the doctors I interviewed could not tell me of many cases and did not think there were many, but the secretary of the medical society, Dr. Foster, agreed to interview all the physicians and otherwise study the situation and let me know the results.

"With not enough interest to establish a city hospital and the failure on the part of those to whom the seals were sent at Christmas to make any sales at all, I am inclined to think that we had better spend our time at other more interested places for the present.

"I leave today for Rome, where I am to spend three or four days at the institute which is being held at the Martha Berry school. I shall pursue the same course as at Carrollton and, besides, look after our interest in the city.

"JAS. P. FAULKNER,
Executive Secretary."

REGISTERED WASHER WOMEN.

The city council of Waycross, Ga., has passed an ordinance requiring that all washerwomen be required to register, so that their homes and places of work can be inspected by those to whom they render service. They will be required by the council authorities to keep their homes and surroundings in sanitary condition, or they will be deprived of the certificates giving them permission to take in washing. No fee will be charged for these certificates, the entire purpose of the action to insure the sanitary surroundings of the negro home where inmates in any way come in contact with white families, and to insure as well the general sanitary condition and health of the community. *Constitution*

The requirement of the Waycross council is a wise one, in line with the educational campaign being waged by the public health board of Georgia for the prevention of disease. Especially in the matter of tuberculosis has the contagion among the whites been often traced direct to the home of negro employees, the latter ignorant in

the majority of cases that the disease existed or that it was of contagious nature.

When people at large unite in the general campaign requiring better living quarters and precautions against disease, the community will be better protected from every form of disease arising from ignorance and squalor.

The action taken by the Waycross council might well be followed by the health authorities of every community in Georgia.

The required registration should not be confined to washerwomen alone. If all domestic employees were required to register and hold certificates which would open their homes to careful inspection, a new interest could be created among the negroes in their homes, which would better insure the protection of all.

It would prove a direct factor in the conservation of public health throughout the state.

BETTER OFF IN PRISON

During the Health Week to be observed it would be profitable to ascertain the provisions of the state and public health laws for the old, the sick and afflicted of the Negro race. The death rate among Negroes is larger than among whites. Why? The reason is known to all who really knows conditions.

Here are some reasons: Segregation in the dirtiest and unhealthiest parts of the towns and cities; lack of proper treatment when ill and lack of public institutions to care for the sick and to prevent sickness. Count if you will the institutions for the bodily care of the whites, the hospitals, the public baths, the parks, and the tubercular camps and what have we for the Negro? Practically nothing.

The Lexington (Va.) Gazette asserts that the Negro is better off in prison if sick than if out of prison.

The Gazette says:

"Not without a sort of grim humor is the fact, often commented on in governmental circles, that to receive modern treatment for tuberculosis in Virginia, a Negro without means must become a criminal or a madman. The only spots in all the Commonwealth where an indigent Negro consumptive can be cared for as science now demands, is in the State prison or the insane asylum. A modern tuberculosis camp at the State farm in Goochland county has brought about many cures of the disease among prisoners.

"So true is this that Governors take the position that Negro prisoners who have contracted consumption are far better off at the State farm than they would be if released, even in cases that ordinarily might seem to make the exercise of executive clemency desirable by encouraging good citizenship. The

Negro prisoner with an advanced case will live longer at the tuberculosis camp than he would at his home, since he receives the best of modern scientific treatment. Besides, his continued incarceration is better for the public, since his release, whether his case is incipient or advanced, might cause spread of infection in his own home or community."

With such conditions prevailing in every State in the South is it any wonder that the Negro dies? And is his death rate any sign of his inability to thrive in civilization? Is civilization not impeached because it does not give this Negro a man's chance. And so long as he is not given an equal chance for physical welfare, we should cease to talk about the physical inferiority of the Negro.

THE RAOUL FOUNDATION

A report of the far-reaching work of the Raoul Foundation crusading against tuberculosis in Georgia is published in The Constitution today and proves the value of the movement as directed toward the prevention of disease, among both white and colored people.

The secretary of the organization, during the first two weeks in June, addressed one gathering of a thousand negroes, the occasion a school commencement. He was met with appreciative hearing, and following his address steps were taken toward organizing the student body in a crusade against tuberculosis in the rural communities to which they return for the summer months.

Through this movement thousands of ignorant people will receive a message that will save not only thousands of the negroes who have not known how to protect themselves from the disease, but of white people to whom these negroes render service in the home.

The death records show that a large percentage of negroes die from tuberculosis, and are ignorant of what their ailment is until it is too late to prevent the ravages of the disease. Frequently they remain in service in the office or the home until helpless; then they become a burden on the community or state; the tubercular hospitals must increase their facilities, and public generosity becomes unduly taxed.

Co-operation with the educational campaign of the Raoul Foundation will bring about a general knowledge of the prevention of disease, which will not only aid in the specific movement to crusade against tuberculosis in Georgia, but lead to a general conservation of health through the practical rules for living which the messengers of the Raoul Foundation take to every community where they are called.

During the month of July the various

teachers' institutes in different parts of the state will be given lectures by the field secretary, James P. Faulkner, and no institute should fail to take advantage of the opportunity.

"SAVE THE BABY."

Colored Advertiser 4-1-13
Now that the warm weather is coming on, which brings so much trouble for the baby, every mother must join in the campaign to "Save the baby."

Six Dents for the Baby.

Dont forget to give the baby lots of water, it keeps the kidneys flushed and helps to prevent constipation. Our mothers and Grand mothers used catnip tea daily with good results and the baby received its daily amount of water through this medium, which was quite enough.

Dont neglect the daily tub bath for the baby. We are supposed to do some of our breathing through the skin, and the capacity of the baby's lungs is small therefore keep the pores of its skin open.

Dont over feed the baby because it cries, it may be in pain from an already overfilled stomach or undigested milk curds.

Dont keep the baby in your arms when the weather is warm, the heat of your body makes the baby warmer still. It is not a good policy to keep the baby in your arms too much at any time, make it comfortable in its bed or chair and leave it alone. Teach it independence.

Dont let flies touch the baby's face and hands its food, bottles or nipples as the baby is very susceptible to diseases carried by flies during its first three summers.

Dont let mosquitoes bite the baby, cover it with a thin netting, it can have malaria if bitten by the mosquito that produces malaria and the condition is not easily diagnosed by the mother and sometimes difficult for the physician.

Dr. Daisy L. Northcross.

CLEAN-UP WEEK OFFICIALLY SET

Campaign Will Be Conducted

From May 10 to 15

Here

Advertiser 4-7-13

TO ISSUE PROCLAMATION

The City Commissioners yesterday officially designated the week of May 10 to 15 as the official clean up campaign week for the City of Montgomery, and Mayor Gunter was authorized to issue a proclamation to the people of the city to this effect, urging them to co-operate with the Sanitary and Health Department in giving Montgomery its annual cleaning up.

During this campaign, a garbage can contest will be carried on under the supervision of this department of the city government, and cash prizes will be awarded the children who succeed in inducing the largest numbers of merchants, business men and householders to place modern sanitary garbage cans in front of their places of business.

As soon as Commissioner Brassell announced the selection of the dates some weeks ago, co-operation with his department was pledged by The Advertiser in conjunction with the National Clean Up and Paint Up Association, a national organization that co-operates with cities and towns all over the country in this class of work since Montgomery conceived the idea three years ago. The Advertiser and the National Association will award a series of prizes independent of those given by the city.

VITAL STATISTICS STRONGLY URGED

Consolidator 4-21-13

Health Officers of State Name Committee to Back Law on Subject Before the Next Legislature.

Macon, Ga., April 20.—(Special).—The Georgia Association of State, County and Municipal Health Officers, at their annual meeting here today, authorized the appointment of a committee to draft a memorial to the next legislature asking that a law be passed requiring the keeping of vital statistics by every city and town in the state. This action followed an address by Dr. H. F. Harris, of Atlanta, secretary of the state board of health.

The committee named for this purpose is composed of Drs. Fort, Moncrief and Thorpe.

On suggestion of A. V. Wood, of Brunswick, former president of the association, health officers all over the state were urged to have a card index system instituted by their public schools to keep a tab on the health of the children. By this means it will be possible to find out how many do

not practice methods of hygiene and make it possible to encourage them to do so.

Among the questions which it is proposed the school children of the state shall be asked are: Do you bathe regularly? Do you wash your teeth regularly? Do you sleep with your window open? Do you keep your finger nails clean? Do you keep pencil and fingers away from your mouth?

In Brunswick, where the plan was tested out recently, Mr. Wood reported to the convention that 33 per cent of the children did not wash their teeth regularly, and 24 per cent did not bathe regularly. In a few days the former showed an improvement of 10 per cent and the latter 7 per cent.

The address of Dr. K. R. Collins, of Atlanta, the woman director of the state boards laboratories, on "Immunity From Contagious Diseases," was an interesting one. She stated that physicians in Georgia are inclined to give excessive doses of unusually high concentration.

About forty health officers from different portions of the state attended the meeting today. Dr. H. J. Williams, of Macon, was elected to succeed Mr. Wood, of Brunswick.

CAPITOL HEIGHTS TO HAVE CLEAN-UP

Improvement Association to Hear Commissioner Brassell Tomorrow Afternoon

Advertiser 4-14-13
CHAIRMAN REQUESTS AID

Civic improvement and clean-up campaigns are the signs of the times, and Capitol Heights is the latest of the incorporated suburbs of the city of Montgomery to drop into line in this respect. Chisholm completed its campaign on Saturday evening, the result being checked up by Commissioner Brassell, Dr. Laslie, city health officer, and Dr. Brooks, pure food inspector, on Monday. This checking developed the fact that 250,000 old cans and bottles have been gathered by the enthusiastic school children of that suburb, and will be carted away in some fifty loads during the week.

Yesterday Commissioner Brassell received a letter from Mrs. Harvey E. Jones, chairman of the Capitol Heights Improvement Association, asking his co-operation and assistance in a campaign that is being urged in that incorporated suburb. Mrs. Jones stated that a meeting has been called for her house tomorrow at 4 o'clock, and Mr. Brassell is requested to address the members of the association.

An interesting statement in Mr. Jones' letter is that already this association has had carted away twelve large loads of old cans. This work has wrought a great change in the cleanliness of the little city, but Mrs. Jones complained that other cans are again being thrown out, and she seeks

some remedy to prevent this action and to maintain that degree of sanitary condition that has already been attained.

Mr. Brassell will attend the meeting of the Capitol Heights Association tomorrow afternoon and will lend every assistance possible to the women of the organization as well as to the citizens as a whole.

THE VITAL STATISTICS LAW.

It is more or less a matter of habit with the Georgia legislature to enact administrative laws, without providing the ways and means for their enforcement. That is what the last legislature did with the new vital statistics law, passing up to its successor the responsibility of providing the needed funds. *Constitution 4-22-15*

This is one instance, however, in which it was found impossible to put the law into operation without the money. It can hardly be said that economy dictated the legislative neglect; it was, rather, an opportunity to "get away with" a recognized duty by merely enacting the law, and saving the money for other appropriations of which that legislature—and it was no exception—would have made more than its share, if it had not been well held down.

Several years ago, when the legislature created the department of commerce and labor, it made no appropriation for meeting the department's expenses in the first six months of its authorized existence. The people elected a commissioner and he went ahead with the organization and conduct of the department, taking upon himself the responsibility until a subsequent legislature made good the omission.

The vital statistics law is a somewhat different proposition. There is a heavier expense involved, and there is no one in position to bear the burden of responsibility for this expense, pending legislative action this summer. Consequently, although the law was to have gone into effect January 1, last, its beneficent operations were necessarily delayed until the legislature can meet this summer and apply the remedy in the shape of the needed appropriation.

Forceful attention was called to this failure on the part of the legislature at the annual meeting of the state, county and municipal health officers held in Macon this week, when that organization appointed a committee to go before the new legislature this summer and urge it to lose no time in correcting the mistake of its predecessor.

The value of a general vital statistics law is no longer an issue. The legislature which passed it gave it almost a unanimous vote. It probably thought the law would go into effect without question, as others have done, depending upon the next legislature to make good the deficit. But in this case the plan didn't work, and Georgia will not, as a matter of fact, have a vital statistics law until the money is forthcoming.

The coming legislature should make this appropriation without delay and let it be im-

mediately available. Until this is done one of the most valuable laws enacted in recent years must remain a dead letter.

MAYOR OF SELMA ANNOUNCES PLANS OF CLEAN-UP DAY

Constitution 3/22/15
United Commercial Travelers
Elect Officers at Annual
Meeting

COTTON MILL MAY OPEN

Selma Bureau of The Advertiser J. P. Welsh, Corr.
Mayor J. L. Clay has announced that next Wednesday will be Clean-Up Day in Selma and has solicited the co-operation of every man, woman and child in the city in ridding Selma of trash tin cans, empty bottles and other debris left over from the winter season. The City Sanitary Department will work with the citizens in cleaning up the city and will place every cart and wagon at the disposal of Selmians on that day.

Superintendent John Browning, of the Street Department, has a gang of thirty city prisoners at work on the streets now and the prisoners will be put to work Wednesday morning getting all alleys and gutters cleared, lawns mowed and trees and shrubbery trimmed and put into shape. Mayor Clay thinks that one day of real co-operation will clean the city from end to end.

Negroes Interested.
The negroes of the city are greatly interested in the movement and Sunday morning speakers in each of the colored churches of the city told the congregations of just how much importance the clean-up campaign is to the negroes of Selma. This week speakers will visit every negro school in the city and talk on the subject.

Clarke School, one of the biggest negro schools here, has launched a City Beautiful Club and will offer prizes to the pupils for cleaning about their homes and the school premises.

BROTHERHOOD CLEAN-UP CAMPAIGN RESULTS IN

The Selma Advertiser 4/9/15
The work started some time ago by the Brotherhood of Union Memorial Methodist Episcopal Church, that of prosecuting a clean-up cam-

paign among our colored citizens, we are glad to say, has been conducive of much good results. The committee appointed to look after the work, made personal calls on the people and earnestly entreated them to promote the beauty of their homes, by sowing grass, planting flowers and otherwise giving the homes a general overhauling in order to make more sure, improved and better sanitary conditions, has met with remarkable success. We personally distributed grass-seeds and plants to a number of people who declared themselves willing but unable to buy the same and stand ready, still, to furnish anyone who is similarly situated if they will apply to the pastor, who can be found at his office in the church building any time between 10 a. m. to one p. m. and from 3 p. m. to 5:30 p. m. The Brotherhood holds a business meeting the second Wednesday of each month at 8 o'clock p. m., at which time all applications for membership will be considered. Their devotional exercises are held every third Sunday of each month and the members generally leave exultant over the results of their Bible discussions. The committee wishes to thank all who helped in the prosecution of the clean-up campaign.

L. E. Simms,
W. Boykin,
L. L. Landry, Chairman.

CROWDS ATTENDING HEALTH LECTURES

Southern End of Montgomery
County to Be Visited

This Week
advertiser 2-15-15
MANY TREATMENTS GIVEN

The Better Health Campaign, which has been for some time in progress in Montgomery County, is increasing day by day in interest, attendance and good accomplished.
Dr. R. C. Williams, who is conducting the work, has spent the past week in the western part of the county, his itinerary having included the follow-

ing centers, Hope Hull, Grange Hall, Fleta, Mt. Carmel and Bethlehem. The attendance at all these places has been remarkable—especially at Mt. Carmel and Bethlehem.

Thursday night the large auditorium of the Mt. Carmel School was filled to overflowing, and every man, woman and child seemed eager to profit by the occasion. The practical talk on sanitation and the prevention of disease and the stereopticon views appealed powerfully to the crowd, and much comment was heard afterward relative to the perfect order and intense interest which prevailed.

Friday was Health Day in the public schools, and Dr. Williams was called upon to take charge of the exercises at Mt. Carmel School. A large number of people were in attendance, and a good program in which the local citizens took great interest was carried out. At noon a basket dinner was served on the grounds.

Friday night a large and appreciative audience heard the lecture at Bethlehem, and Saturday was spent by Dr. Williams at the same place. The people of these communities are evidently determined to free themselves of hookworm disease.

Dr. Williams will be at the following places this week: Monday night, the Friendship School; Tuesday night, Pisgah; Wednesday, Hill's Chapel; Thursday, Pine Level.

THIRTY-TWO LEGISLATURES FIGHT TUBERCULOSIS.

The Selma Advertiser 3-15-15
The health officers of thirty-two State legislatures, according to an announcement made today by the National Association for the Study and Prevention of Tuberculosis.

In 6 states, Alabama, Arizona, California, Iowa, Tennessee, and Washington, bills are being considered which call for the reporting and registration of all living cases of tuberculosis. Alabama, Connecticut, Iowa, Massachusetts, Pennsylvania, and the District of Columbia are working for laws which will require that consumptives who refuse to observe sanitary regulations and are a menace to others may be removed and detained in hospitals. In Alabama, Arizona, California, Illinois, Missouri, and Maine legislation permitting the establishment of county or local hospitals for tuberculosis are being discussed, and in Illi-

California, Iowa, Maine, Missouri, and New Hampshire state subsidies of \$3 to \$5 per week per cent are being asked for such institutions.

North Carolina more adequate provision at the State Sanatorium

the care and training of her arcular sick is under consideration. A more or less complete re-minization of the state health k is sought in several states, cially Kansas, Michigan, Minn-ta, Nebraska, Texas, and Ari-a. In India and Alabama bills iding for full-time county and health officers are being con-red.

an aid in furthering these and ilar bills the National Associa-has issued a pamphlet entitled iberculosis Legislation," which tains a digest of existing laws-this field with comments and parisons of some of the most ortant ones.

DEATH RATE OF MACON SMALLEST IN YEARS

With Four Exceptions, City
Has Lowest Death Rate
in the Union.

Constitution 1-2-15

Macon, Ga., January 1.—(Special.)—The annual report of the Macon board of health shows some interesting figures pertaining to the health and sanitary conditions of the city. While the total number of deaths during the year was greater than for any of the past three years, the ratio per 1,000 was smaller than in any of these years. Macon's death rate for the year was 12.76, with only four exceptions the lowest in the United States.

Another interesting fact shown by the report is that there has been less contagion in the city than at any time within four years. The tuberculosis mortality has been lowered and credit for this is given to Mrs. Eva Tupman, the Red Cross nurse, who has been working in Macon the past year. The board of health has recommended that Mrs. Tupman be placed on the city payroll and given the powers of an inspector, she to work under the direction of the board of health. The recommendation will probably be followed.

The most deplorable feature of the report is the fact that pellagra is shown to be increasing at an alarming rate. In 1913 the increase was 100 per cent over 1911 and in 1914 it had climbed up to 150 per cent.

Surface closets in Macon are fast disappearing, a total of 995 sanitary toilets having been installed during 1914, and of this number 518 replaced surface closets.

The milk supply of the city has been greatly improved. Tests have been made of all dairy cattle in the county and those which have been found to be afflicted with tuberculosis have been killed. No milk is now permitted to be sold in the county except that which comes from tubercular free dairies.

One of the important recommendations of the board of health is for the appointment of a meat inspector by council. It is pointed out that the city food inspector does not have time to

look after the meat inspection in the manner that it should be looked after, and the board proposes that a special inspector, preferably a veterinarian, shall be named for that particular work.

Convicts Pardoned For Aiding Science In Pellagra Fight

Jackson, Miss., November 1.—Eleven convicts at the Rankin, Miss., state prison farm—seven of them serving life sentences—today were granted full pardons by Governor Brewer as a reward for submitting to prescribed tests by United States public health service authorities to determine the cause of and the cure for pellagra. A twelfth member of the prison "pellagra squad" was released a few months ago because of a physical breakdown.

Pellagra Caused by Diet.

The granting of freedom to the eleven prisoners followed an official announcement by the Mississippi state board of health that experiments conducted at the convict farm under direction of Dr. Joseph Goldberger and his assistants had demonstrated that pellagra is produced by an unbalanced ration and that Dr. Goldberger was convinced the disease could be cured if the patients were given proper food. The results of the experiment are considered by prominent physicians in this section as of exceptional importance in the prevention and treatment of the disease, which in recent years, it is declared, has been increasing the death rate in Mississippi and several other southern states. Physicians stated steps will be taken to introduce the diet treatment for pellagra into various sections where the disease is prevalent.

Twelve Convicts on Diet.

The experiment was begun February 15, 1915, with twelve prisoners, each of whom was promised a pardon if he would follow during a stated period a diet prescribed by Dr. Goldberger. The diet excluded milk, fresh lean meat, eggs, peas and beans. A diagnosis conducted today by Dr. Goldberger and four Jackson physicians showed, it was announced, that six of the prisoners in the squad have pellagra in a pronounced form and that two others show symptoms suggestive of the disease.

In issuing the pardons, Governor Brewer told the prisoners they were free to leave the convict farm if they desired, but he urged them to remain several weeks and be nursed back to health. Of the eleven convicts granted their freedom, six were serving life sentences for murder, one a life sentence for criminal assault, one had ten years yet to serve for manslaughter and two about five years each for embezzlement, and one about four years for bigamy.

The Pellagra Squad.

The "pellagra squad" was under the personal supervision of Dr. G. A. Wheeler, assistant surgeon of the United States public health service, who remained on duty constantly from the beginning of the test. The prisoners were given the usual prison fare from February 15 until April 3, after which time they were placed upon the diet prescribed by Dr. Goldberger. Up to April 3 none had showed symptoms of pellagra. Throughout the period the state authorities maintained secrecy regarding the experiment, because of the

fear that relatives of the prisoners under observation might institute habeas corpus proceedings, or take other legal steps to have them released from the "pellagra squad."

5,146 "CLEAN-UP"

PLEDGES SECURED

BY FORMWALT

Constitution 4-15-15

The children have been so interested and have worked so hard in the "clean-up" contest that everyone will be disappointed if we don't stand near the head. Last year we won the \$10 prize. The number of pledges that have been counted are 5,146. Clara Adams, of the fourth grade got the most pledges, her total being 22.

Miss Harralson paid us a visit last week and was very pleased with the work. The fifth and sixth grades received excellent, but as both the seventh grade teachers have been absent, we did not get to complete all our songs, but those we did know were perfect.

The seventh B boys beat Fraser in their potato relay race and as they are the champions on the south side, we are very anxious for field day to come when they play Tenth.

They are also very glad to have their teacher, Miss Grice, with them again.

The fifth grade has enjoyed making their geography scrap books, and they have also won the spelling banner for three successive weeks.

The fifth will play its last game when they meet Fair. They are also busy watching some tadpoles that they are raising as they develop into frogs. Both boys and girls of the fifth won a star in music.

The second grade won the attendance banner.

Dora Edelson and Homer Powell, of the first A, won the pictures Mrs. Sams offered in arithmetic.

The children of the first A were very sorry to lose their classmate, Dora Edelson, who was transferred to another school. They all wish her happiness in her new school.

Our ball team has started on the right road to victory, having won from Grant Park, with a score of 9 to 1.

MARY LEE WILHELM.

HEALTH WEEK IN ROCKY MOUNT

Negro Betterment League Launches Campaign Against Disease

Rocky Mount, N. C., July 7.—Inaugurating a week of health meetings there was launched to-night by the Negro Betterment League of this city what it is anticipated, will be an effective campaign against disease among the colored residents of Rocky Mount. Mayor L. F. Tillery today made public a proclamation calling upon every colored resident of the city to enlist for this cause of public

health and to attend the nightly sessions that have been arranged. The campaign for improvement of health was launched to night when every colored residents of the city was invited to be present at the municipal building to form a parade of pedestrians, headed by the colored band.

This procession proceeded to the Watkins warehouse here a program of health talks by leading white and colored residents, the mayor of the city and health officer, and many others prominent in health work was carried out. Nightly programs lasting thruout the week have been arranged and hundreds of colored residents are expected each night.

NEGROES' DEATH RATE HAS SMALL DECREASE

Census Bureau Says This Is Because More Own Their Homes and Activities in Cleanliness.

A decrease in the death rate among negroes throughout the United States of 3.4 per 1,000 population occurred during the decade from 1900 to 1910, according to statistics contained in a Census Bureau bulletin issued yesterday by Director William J. Harris. The tables embody the first complete statistics concerning negro mortality compiled in this country.

In the fifty-seven cities included in the table, the death rate in 1910 was 27.8, and that among whites 15.9 per 1,000.

The bulletin shows that deaths among negroes, as compared with whites, are relatively more numerous for malaria, tuberculosis of the lungs, pneumonia, and whooping cough; whereas for measles, scarlet fever, diphtheria, cancer, appendicitis, and violent deaths, noticeably suicide, the distribution is considerably higher among whites.

The negro death rate in Washington decreased 1.9 per cent during the period. In 1910 the rate was 29.1.

"Undoubtedly," says the bulletin, "one of the factors which has caused the decrease in death rate, which decrease is almost universal in the cities of the South, is the increase in home ownership among the negroes."

In the District, 2,972 homes were owned by negroes in 1910. This was an increase of 108 or 5.5 per cent during the decade. The number of negro inhabitants in Washington that owned homes in 1910 was forty-six.

A local clean-up, health improvement campaign for the negroes here will be launched tomorrow night at a mass

meeting in the assembly hall of the Twelfth street branch of the colored Y. M. C.

Chicago, Ill.

"If by reason of filth and insanitary conditions in Norfolk, growing out of ignorance, there comes to the black community consumption, smallpox or any other contagious disease, it is likely to reach, through the negro community, the mansion of the richest white person in the city. In Alabama a few years ago an ignorant negro woman was employed as a cook in an aristocratic white college for girls. Little attention was given to the health or cleanliness of this colored woman. Little attention was given to the place where she slept or the way she lived. In the end a deadly contagious disease took hold of her body and from her spread among the white girls in the college. The result was that four of the most promising of these white girls were taken away by death and the college was disbanded for the year."

Points of contact between the negroes and the white population are not so many, perhaps, in the north as in the south. Yet the peril remains as a menace here as elsewhere. Possibly it is increased by reason of the greater and more congested population. That situation always fosters the spread of disease. In any event, in the matter of public health as in nearly everything, the chain is only as strong as its weakest link. The inevitable conclusion is that every part of such a city as Chicago should be amenable to good housing and rigid rules for sanitation and consequent disease prevention.

ENFORCING SAFETY.

Drastic action is sometimes necessary to demonstrate to a working force that the management intends to enforce safety provisions rigidly. This is illustrated in an experience told at the last annual congress of the National Safety Council by A. B. Maine, representative of a Michigan trade publication. He said he had made numerous visits to furniture factories in the central west.

"On one occasion," Mr. Maine remarked, "at a well guarded plant of 150 men in Indiana I stood with its secretary near a shaping machine, where the foreman was operating it with the regular operative at his side. This foreman, who did not notice the secretary or myself, ran the machine with the guard out of position, but when he turned round and saw us he made an attempt to put the guard into place. The secretary then walked the foreman over to one of the notices posted about the plant which stipulated that the penalty for operating a machine without the guard was dismissal. The foreman was then discharged immediately. Two months ago I visited that plant again and the secretary told me that since discharging that foreman he had not had a single accident in the course of ten months."

SCHOOL FARMS IN A CITY.

The Survey says that Brooklyn's first municipal school farm, which was opened last spring in McCarren park, proved such a success that others will be asked for the coming season. The plots were farmed twice, by different sets of children, and nature study and domestic science were linked with scientific truck gardening.

OWNING HOME IS BENEFIT TO NEGRO

Louisville Stands Thirty-fifth In Death Rate of Colored People.

Louisville stands thirty-fifth in a list of fifty-seven registration cities, with a negro population of 2,500 or more, as regards the death rate among the colored people, according to a bulletin on negroes in the United States issued by William J. Harris, Director of the Census. St. Paul heads the list with the smallest death rate, 15.5 deaths for every 1,000 negroes, while Charleston, S. C., winds up at the bottom with a rate of 39.3 per thousand. Every city in the South except Key West, Fla., and Memphis, Tenn., showed a lower death rate for negroes in 1910 than in 1900. Louisville showed a decrease of 0.6 per thousand.

A table is given in the report showing causes of death in the selected cities, and, as usual, tuberculosis leads with pneumonia second and heart disease third. The deaths among negroes, as compared with the whites, are relatively more numerous for malaria, tuberculosis and pneumonia.

The question whether the decrease in mortality among negroes in 1910 was due to permanent causes, such as improved housing and sanitary conditions, and not to the absence of epidemics, is important. House ownership among negroes is believed to be partly responsible for the decrease in deaths. In the decade from 1900 to 1910 the number of houses owned by negroes in Southern States increased by 102,912, or 31.4 per cent; this increase accounting for 30,449, or 16.7 per cent, more farm homes, and 72,463, or 49.8 per cent, more homes of other classes.

Kentucky stands twelfth in a list of fifteen Southern States as to number of homes owned by negroes, with 19,771, 6,077 of which are farm homes. There was a total increase of 1,868 homes in the past ten years, or 10.4 per cent. In the matter of the number of negro inhabitants per owned home in 1910 Kentucky stood fourteenth in the list of fifteen, with thirteen negroes for every home. Only Virginia stood below it in the list. In Louisville there are fifty-seven negroes for every owned negro home and in this respect Louisville stands near the bottom of the list, being twenty-ninth in rank out of thirty-one cities of the South. Baltimore, with ninety-one, and Norfolk, Va., with ninety-two negroes per owned home, are the two cities lower in the list. However, Louisville's death rate is not nearly as high as some fourteen other cities which rank below it.

ODD FELLOWS' BUREAU OF HEALTH, AMERICUS, GA., DR.

E. J. BRINSON, DIRECTOR.
Bulletin No. 1.

To the Odd Fellows and Households of Rutli of Georgia:

Dear Brethren and Sisters: I have recently been notified of my appointment as Assistant D. G. M. E. and assigned the work of Director of a Health Bureau. This means that we are to furnish you such practical information on health and sanitation which, if followed, will decrease the sickness and death rate in the order.

We are going to put forth every possible effort to serve you to the end that the health of the membership of the order will be better, human life prolonged for service to its constituents thereby glorifying our Creator.

This information will come to you in circular letter form plainly written in simple language so that you can easily understand it. We shall endeavor to reach the simplest minds with the plain and practical truths. Please read every word of the letter of information when it reaches you.

Fraternally yours,
E. J. BRINSON, M. D.,
Asst. D. G. M. E., Director Bureau of Health.

EQUAL NUMBER OF EACH RACE DIE DURING WEEK

Eighteen Deaths for Montgomery Reported by the Health Department.

Eighteen deaths were officially reported in the city of Montgomery during the week ending yesterday, nine being among the white people and an equal number among the negroes. Deaths among the whites ranged from infants 19 months old to 70 years of age, while among the negroes the age limits were from one month to 86 years.

The official report of the deaths, as filed in the Sanitary and Health Department of the city yesterday, is as follows:

Whites—J. N. Scott, age 70 years; Gus Dunlap, age 45 years; W. B. Webster, age 63 years; Paul H. McAllister, age 20 months; Francis Ellen Scott, age 19 months; Arthur H. Lazarus, age 40 years; Hugh Jenkins, age 3 months; Susie May Singletary, age 19 years; James Alton Spurlin, age 13 years.

Negroes—Margaret Cain, age 80 years; Oberlin Morgan, age 23 years; Eliza Sparks, age 38 years; infant of Cllo alhoun, age 1 month; Frank Pipkin, age 52 years; Jenkins McKenny, age 22 years; Henry Gibson, age 25 years; Anenzio Drake, age 39 years; Martha Caffey, age 86 years.

GOVERNOR NAMES

APRIL 5 TO 12 AS
CLEAN-UP WEEK
Constitution 3-7-15

State of Georgia, Executive Department, Atlanta, March 5, 1915.—Whereas, the Federated Club Women of Georgia desire to make the week of April 5-12, "Municipal Clean-up week" in Georgia, in line with a movement sponsored and promoted by their national organization, and have requested me to assist them in designating the week;

Whereas, the movement is highly commendable in that it will contribute to the public health as well as the general appearance, and concerted action will develop responsibility and state pride, it is

Ordered: That, without obligating the state government for any expense connected therewith, the week of April 5-12 is hereby designated and proclaimed "Clean-up week" for the state of Georgia, and the hope is expressed that all citizens will co-operate with the promoters of the movement to make it a success.

JOHN M. SLATON, Governor.
By the Governor: A. H. ULM, Secretary Executive Department.

MONTEVALLO CLEAN-UP WEEK IS ENTHUSIASTIC

Special to The Advertiser. MONTEVALLO, ALA., April 8.—The Civic Improvement Club and the town officers emphasized the clean-up idea this week by urging the town, both white and colored people, to observe the following program: Monday, cleaning of houses and premises; Tuesday, cleaning of alleys and removing of debris; Wednesday, cleaning of streets throughout the town; Thursday, doing of odds and ends in cleaning; Friday, cleaning of the cemetery; Saturday, parade consisting of the elementary school pupils and of the A. G. T. I. girls.

Wednesday was the feature of this program. At 9:30 in the morning all the bells and whistles, supported by the lungs of the town, summoned out for street cleaning the school children and the Civic Improvement Club members and the town officials. Each official, with the help of the ladies and children, armed with rakes and brooms and trash sticks, supervised the cleaning of a specified portion of the town. Saturday, with its parade of "health floats" and banners will be a gala day. Sunday, with its sermons and church services planned to accord with the week's happenings, will emphasize finally the ideals of Health Week.

Death Rate of German Empire in 1912.

The imperial health office has published the following statistics bearing on the frequency of certain important causes of death from about 400 urban communities. The number born living increased by 1 per cent. The increase, however, is found only among illegitimate births, which amounted to 3,209, while the number of legitimate children born was 2,577 less. The number of still births also increased by 100, which was wholly attributable to the illegitimate children. On the other hand, the birth rate was 256.6 per 1,000 in the previous year to

251.2. As a further unsatisfactory circumstance the number of still births per 10,000 children born living amounted in the previous year to 322, but in 1912 to 324. The death rate has fallen about 8.4 per cent, or 33.178, in contrast to 1911, which was very unfavorable in this respect. The death rate sank from 16.32 to 14.60 per 1,000 of population. Especially the number of deaths in the first year of life was markedly reduced compared with the previous year, by about 25.2 per cent. As a result the death rate compared with 100 born living fell from 18.9 to 14.1.

As to the causes of death, an increase was observed in deaths from whooping-cough of 736, or 22.6 per cent; from measles and rotheln of 160, or 4.8 per cent; from diseases of the respiratory tract of 562, or 1.1 per cent; from murder and manslaughter of 116, or 24.5 per cent; from suicide of 443, or 6.9 per cent; and as a result of accident of 390, or 4.2 per cent. On the other hand, there was a reduction in the number of deaths from gastro-intestinal catarrh and diarrhoea of 30,346, or 51.8 per cent; from typhoid of 585, or 39.3 per cent; from diphtheria and croup of 1,123, or 16.6 per cent; from scarlet fever of 259, or 9.4 per cent; from puerperal fever of 83, or 5.8 per cent; from tuberculosis of 725, or 1.7 per cent. The number of deaths from gastro-intestinal catarrh and diarrhoea in children under a year old diminished more than half, from 49,409 in the previous year to 24,129. The excess of births over deaths rose from 9.35 in 1911, to 10.51 in the year of this report.

Ask Legislature to Aid

Colored Tuberculosis Hospital

Raleigh, N. C. March 1.—Dr. F. S. Hargrave, superintendent of the Wilson Hospital for Consumptive Negroes in company with Prof. S. H. V. was in the city this week interviewing the state legislature for the purpose of securing an appropriation for this hospital located in Wilson, N. C. Dr. Hargrave is President of the National Negro Medical Pharmaceutical and Dental association. Prof. Vick, is one of North Carolina's wealthiest Negro citizens, and was Post Master of Wilson, N. C. for a number of years. Dr. A. Wilberforce Williams invited.

The board of directors of the Municipal Tuberculosis Sanitarium was opened at Bryn Mawr and Crawford avenues. It was held at 2 o'clock. Dr. A. Wilberforce Williams, who has been connected with the institution for years, was one of the special guests. Dr. Williams is one of the authorities on tuberculosis and his recent article in "Outdoor Life" has been liberally commented upon by the best physicians of the city and country. Already he has been invited to deliver addresses in various parts of the country and this spring we may expect to see him on the road talking on "How Best to Stay the Hand of Tuberculosis."

HEALTH CAMPAIGNERS AROUSE ENTHUSIASM

Montgomery County Citizens Respond Heartily to Efforts of Dr. Williams and Associates.

The campaign for better health in Montgomery County continues to be well received. Dr. R. C. Williams, who is in charge of the campaign, spent the past week in the Southern end of the county, and the meetings were well attended. The following places were visited: Friendship, Pisgah, Hill's Chapel and Pine Level.

This movement is receiving the enthusiastic support of the teachers, physicians, ministers and laymen everywhere, and because of this no difficulty has been experienced in securing attendance and interest.

The campaign will be resumed on March 1st, when the Southeast portion of the county will be visited. The itinerary will probably include Downing, Rehobeth, Macedonia, and Crion.

LIVING LONGER NOW.

The average length of life in the United States is fifty years, according to a statement made by Dr. Victor C. Vaughn of the University of Michigan, president of the American Medical Association, in an address before the City Club here today.

Crime he characterized as a disease due to heredity and environment, and the way to eradicate crime was to treat it as a disease and to disinfect its breeding places.

Dr. Vaughn said the death rate from tuberculosis had decreased 54 per cent since 1880.

HEALTH CAMPAIGN IN COUNTY PROVES SUCCESS

The Health campaign which is being conducted by the State Board of Health in Montgomery County is proving even more successful than had been anticipated. This is taken to mean that the people are giving more thought to such matters as the prevention of contagious and infectious diseases, and to practical hygiene and sanitation than ever before.

The campaign is in charge of Dr. R. C. Williams, who visits the various school centers, gives talks illustrated with stereopticon slides. The lectures are given at night, without admission charges, and are being largely attended by parents, children and teachers. On the day following the lecture Dr. Williams remains in the community to make examinations and to prescribe treatment for hookworm.

The itinerary for this week is as follows: Monday, Hope Hull; Tuesday, Grange Hall; Wednesday, Fleta; Thursday, Mt. Carmel; Friday, Beth-

NEGRO BABY WINS 3RD PRIZE IN HEALTH SHOW

Stapleton, Staten Island, N. Y., held a "Better Baby Week" contest, closing Thursday, July 1, in which 267 babies were entered. Only one Negro baby,



BABY JAMES SHIRLEY

James Shirley, 30 Metcalf street, Stapleton, was entered, and he was awarded third prize for the healthiest baby in Richmond borough. Baby James is six months old.

The parents are Samuel and Blanche Shirley.

Winners of the first and second prizes achieved a percentage of .935, and the Shirley baby's average was .933.

The "Better Baby Week" in Richmond brought out the fact that mothers are taking advantage of the milk stations for babies, and learning how to care for their infants. It is estimated by the health authorities that infant mortality in the borough, which has reached 50 per cent during the past five years, will be greatly reduced as a result of the campaign.

DR. BENJAMIN BROWN LECTURES

Dr. Benjamin F. Brown delivered a helpful discourse from the pulpit of Ames Memorial M. E. Church last Sunday night to a large and appreciative audience from the subject "Some diseases that comes from bad teeth." This was the second of the series of lay sermons that have been arranged by the pastor.

CITY LIFE AND NEGRO.

Challenge of Urban Conditions Is Greatest to Black Man.

S. T. Bitting, Phelps-Stokes Foundation fellow of the University of Virginia, writes in part as follows in the April Southern Workman of the influence of a city environment on negro health:

"At the present time when the new science of eugenics is being so widely discussed it is well to remember that the principles of eugenics—or the improvement of the environment—are still necessary supplements to race regeneration.

"Under modern urban conditions, the challenge to all races is great, but it is reatest to the negro, whose racial development and powers of resistance have been determined by selection operating in a different climate and under different conditions. In the case of tuberculosis there has been a selection against the susceptibility to the disease for thousands of years in the white race, but it is new to the negro and consequently of much greater havoc. In Washington, D. C., the death rate of negro infants from this disease is nearly four and a half times as great as that of whites. In Virginia, negro mortality from tuberculosis is over twice as great as the white, from lockjaw, over four times as great, and from syphilis, over three times as great. All of these diseases—and the others responsible for the 60 per cent. excess of negro mortality—are peculiarly prevalent in the cities. The negro is exposed to them because he must live largely in congested districts, and they are especially hazardous to him because he has not evolved the same amount of resistance by long association and selection."

Selma Bureau
of The Advertiser.

J. P. Welsh, Corr.

With ninety-eight deaths and only

ninety-two births in Dallas County during the month of May, all records were broken. For the first time in the history of the county the deaths exceeded the births, and this is the largest number of deaths in one month ever recorded here. These facts are contained in the report of Dr. T. G. Howard, County Health Officer. Twenty-one deaths, or 36 per cent. of the total, were from preventable diseases, according to the report, strengthening the determination of the doctors to have an all-time county health officer at any cost.

The deaths show, says Dr. Howard, that an all-time County Health Officer would pay for himself in a very short time. There were thirty-four deaths from infectious diseases, seven from tuberculosis, twelve from typhoid fever, twelve from malaria and five from pellagra. Eleven of the deaths were of white persons, eighty-seven were negroes.

At the present time there are a

large number of cases of typhoid fever scattered over the city and county, and the physicians are waging a strenuous campaign against the sickness. The cause has not been determined, but Dr. Howard and Dr. B. B. Rogan, City Health Officer, are exerting every effort to locate and remove the cause,

health department. The exhibition will be inspected by those attending the meetings.

Convalescent Home for Negroes.

To the Editor of The New York Times:

One of the most pressing needs of the colored people of Greater New York is a home in which patients recovering from medical treatment can convalesce. They are invariably denied admission to existing homes for convalescents. The National League on Urban Conditions Among Negroes has been reasonably assured that if it can secure a suitable house in the country where twenty or twenty-five persons can be accommodated, funds for the equipment and maintenance of the home will be donated by a wealthy New York corporation. I should like very much to have some liberal-minded person communicate with me if he knows of, or has in his possession, a suitable house which can be used, with or without rent, for such a home.

EUGENE KINCKLE JONES,

Associate Director National League on Urban Conditions Among Negroes.

New York, April 20, 1915.

TO TELL NEGROES HEALTH PROBLEM

Jas. H. Fowles calls particular attention of the people of Columbia to the importance of the second Southern Tuberculosis conference which will be held in this city Friday and Saturday. This conference embraces the states of Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Virginia and West Virginia.

While all of the meetings will be of importance, for the speakers will be men of national reputation, Mr. Fowles calls particular attention to the meeting at Bethel A. M. E. church, corner of Sumter and Taylor street. Mr. Fowles declares that it is axiomatic that the health of a city is no better than the health of the poorest class of citizenship and that this meeting is perhaps the most important feature of the series.

Rev. Dr. D. A. Christie, pastor of the Bethel church, assures the Record that the white people will be welcome but he wishes the messages of this occasion to reach especially to the negroes. These meetings are all under the auspices of the National Association for the Study and Prevention of Tuberculosis.

ASK COLORED FOLK TO ATTEND

Promoters of the Health Exhibition Plan Meetings To-Morrow.

Colored residents of Chicago are invited to attend two meetings to be held in connection with the public health exhibition at the City club, 315 Plymouth court, to-morrow. The meetings are a part of the programme of conference being held in connection with the exhibition and were arranged through the efforts of Dr. A. Wilberforce Williams and others connected with the Frederick Douglass Center Settlement. The time of meeting is set for 3:30 o'clock in the afternoon and 8 in the evening.

Among the speakers will be Dr. Theodore B. Sachs and James Minnick of the Chicago Tuberculosis institute, George W. Ellis, Carey B. Lewis and Secretary E. R. Pritchard and Dr. Bundesen of the

ion is the best and to present it from week to week in these columns. The editor will not answer any questions either herein or by mail. If any additional information or advice is desired on any subject presented your own family physician is the proper person to consult.

21 MARCH 1915 FIGHT HIGH NEGRO MORTALITY.

Aroused by the high death rates among the negroes of this city, the Bureau of Public Health Education of the Department of Health, in co-operation with various colored civic organizations, has begun an intensive campaign of health education in various sections of the city largely inhabited by negroes. Figures prepared by Dr. William H. Guilfooy, registrar of vital statistics, show the general death rate among negroes in this city is 26.31 per 1,000—almost double that of the city at large.

I gave to the people myself when I went for my daily horse-back rides.

"During clean-up week I made many trips through the rural districts and everywhere I found the people actively at work. One day I happened in a home where the entire house had been scoured and whitewashed inside and outside, and the family was now busily engaged in cleaning the outside premises. In response to a remark from me to the effect that they were getting their cleaning done early, their reply was: 'Well, we was aimin' to git thru afore the goviner and Mrs. Pitts could git here; we 'lowed as how they'd be a-comin' along about the middle of the week, anyhow.'

"They were expecting the governor and the state chairman of civics to come on a house-to-house tour of inspection. This was a revelation to me. I wondered if there were others looking for them, too.

"My experience proves what wonderful things can be accomplished, even under adverse circumstances. The entire state has responded to the call of the governor and the federation to join in this splendid movement for a better Georgia."

Health Department

Edited by

Dr. R. T. Hamilton.

"Prevention is better than cure, and far cheaper."—John Locke.

This department is conducted for the purpose of educating the public along lines of correct living—hygiene and general sanitation. In other words, as to how to keep well. It is not our intention to boost or advertise any individual, drugs or any particular school of medicine, but to culminate from the mass of good health matter that comes to our desk, intended for the public, that which in our opin-